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Pedestrian strategy won't include lower speed limits

TRANSPORTATION

Council votes against 40 km/h study



Brodie Thomas
Metro | Calgary

Calgary city council has finally given approval to the long-awaited pedestrian strategy, but lower speed limits will not be a part of that strategy for now.

The strategy has 49 recommendations that administration will implement over the next few years.

It will require \$2.5 million for operating costs and \$11 million in capital over three years, according to city transportation general manager Mac Logan.

The 50th recommendation was for a reduction in residential speed limits to 40 km/h, but many councillors couldn't stomach that without further study and consultation.

The city's transportation committee had recommended administration dig into the details of a 40 km/h residential limit, but when Logan revealed the \$150,000 price tag on a study, that idea was scrapped too.

Coun. Shane Keating was one of the councillors who voted against the 40 km/h report. He said he's interested in the idea, but there are too many uncertainties to spend that money



The city's pedestrian strategy has 49 recommendations aimed at making the city safer for walkers and cyclists. METRO FILE

now.

"The province is talking about lowering the speed limit. The (city) charter is talking about lowering the speed limit. I'm positive we're waiting for a report from the Calgary Police Service on what they think would be a good plan on residential traffic enforcement."

Keating said the report could

be useless if the province implements a blanket lowering of speed limits, so there's little point in doing a study at this time.

However, the idea is not off the table. Coun. Gian-Carlo Carra is advocating for a reduction to 30 km/h in residential areas, and higher limits as drivers move onto arterials.

Coun. Richard Pootmans is also interested in the idea. He said he's been talking to community associations in his ward and most are open to the idea.

Pootmans made a motion arising to ask administration for maps detailing where the reductions would be; however, the motion was defeated.

"I think it's too bad — I would

have liked to learn more before we made a decision," he said.

As council was debating the matter Tuesday afternoon, Coun. Druh Farrell noted that another pedestrian had been struck by a car.

The incident happened at 17 Avenue SW and 35 St. SW. It was the 122nd pedestrian collision in Calgary this year.

HEALTH

Whooping cough outbreak at school

Alberta Health Services has declared an outbreak of whooping cough at a school in Calgary.

Whooping cough, or pertussis, is caused by bacteria leading to severe coughing for weeks and can lead to pneumonia, convulsions, brain damage and even death.

The outbreak is at Waldorf School (515 Cougar Drive S.W.) and AHS will offer opportunities to the school's students to get vaccinated to reduce risk of further spread of the illness.

There have been 19 cases of pertussis in the Calgary Zone this year, eight of which are linked to the Waldorf School outbreak.

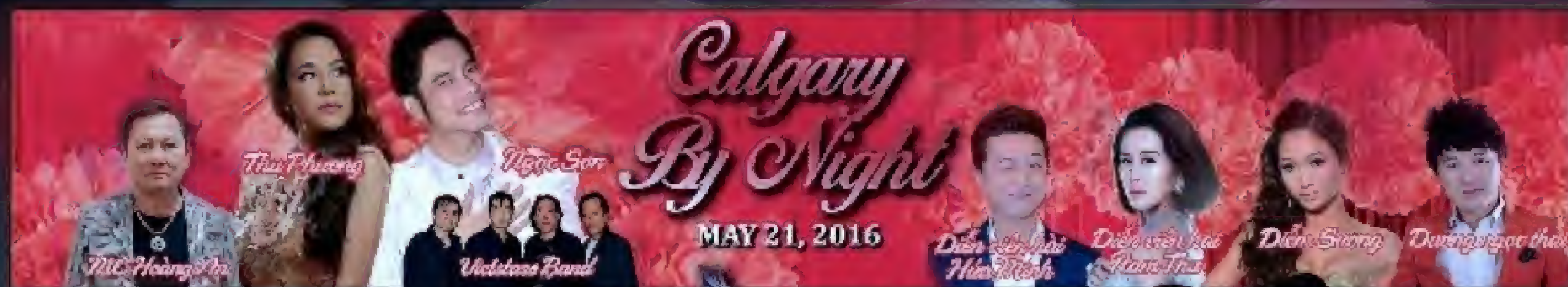
Last year, 59 cases of pertussis were confirmed in the Calgary Zone, and 33 cases were confirmed in the zone in 2014.

Whooping cough starts as a cold with runny nose, sneezing, fever of up to 39.4 C, and mild cough, but the cough becomes more severe with repetitive coughing spells followed by a whooping sound when the child breathes in, and some vomiting.

Older children and adults may experience milder symptoms, such as a prolonged cough and no whoop.

Pertussis can be treated most successfully if caught early.

In Alberta, pertussis immunizations are offered free of charge through Alberta's routine childhood immunization program. THE CANADIAN PRESS



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CRIME

Resident calls to police increasing: Stats



Helen Pike
Metro | Calgary

Suspicious people and vehicles, property damage and drug disturbance calls to police jumped up in 2015 — showing Calgarians are wary of crime.

According to a report coming to a city committee meeting on Wednesday, in 2015 total calls for service increased by 7.7 per cent over 2014. And

the rate of calls per 100,000 population also increased — which means population growth wasn't the only factor in the increased call volumes.

Coun. Ward Sutherland, chair of the Calgary Police Commission, said it's a concerning trend, but the police chief has addressed the issue by reallocating officers from desk jobs to the front lines.

"That should help address the call volume," said Sutherland. "Until we see the

outcome after redeployment, then we'll know whether or not it worked, and the workload is appropriate."

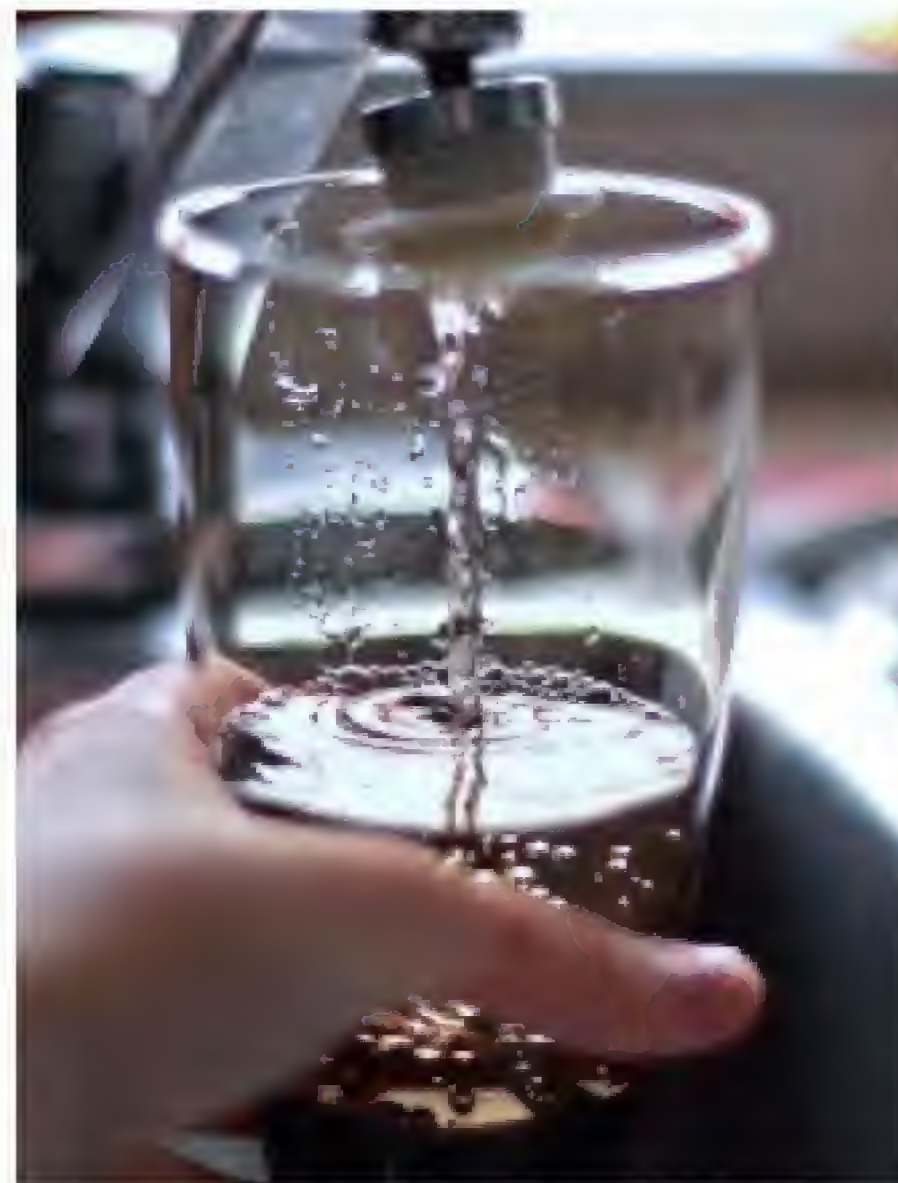
These calls don't come out of the blue, as police have noted an upward trend in person and property crimes, break and enters, and theft from vehicles — and they're coinciding with drug seizures.

"This signals a shift to more commodity-driven crime to support the supply and demand of drugs at the individ-

ual and organized crime network levels," read the report, prepared by CPS. "The highly addictive nature of fentanyl and its higher profit margins have contributed to it gaining a strong foothold in Calgary."

Sutherland said with the economic times, and drug use, it's becoming more dangerous for officers.

"I'm looking forward that this redeployment will be able to address the issue," said Sutherland.

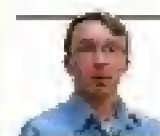


Dry conditions outside will have little effect on the taps in your home, according to City of Calgary officials. METRO FILE

Dry, but still wet enough

WATER

Drought-like conditions not affecting city's supply



Brodie Thomas
Metro | Calgary

It's hot. It's dry. It's only early May.

So what does that mean for the city's water supply this year?

According to a spokesperson with the city, Calgary is still in really good shape and the city isn't forecasting any problems with water supply this summer.

"We are anticipating this year will be similar to last year in being somewhat dry, but we'll be able

to meet all of our water supply needs for the city," said Harpreet Sandhu, team lead of resource strategy with the city water department.

She said there are systems in place to prevent the city from ever reaching shortage levels.

"In addition to our ongoing monitoring, we review with our

water treatment plants what the supply is coming in," she said. "There is active daily monitoring of our river levels."

She said city operations are always looking at ways to reduce water consumption, from low-flow taps in city buildings all the way up to reusing water in major industrial operations.

Calgary does have bylaws that would allow the city to impose water restrictions, but Sandhu said they don't expect they'll need to use those this year.

The city's parks department follows mandates from the folks at water services when it comes to planning for drought.

"We have a central system that controls over 1,000 parks that uses water very, very re-

sponsibly by evaluating conditions, weather patterns," said Todd Reichardt, manager of parks centre city region.

He said data is collected to

determine how much water turfs need to turn on systems automatically. "If there are restrictions, we simply comply.... We start turning off our park systems."

This includes the spray parks, which haven't been turned on yet and won't be until mid-June.

WITH FILES FROM HELEN PIKE

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Evacuation largest due to fire in Alberta history

EMERGENCY

Homes burn in Fort McMurray as residents flee to safety



Jeremy Simes
For Metro | Calgary

Homes have begun to burn in Fort McMurray as residents flee for safety in what has been the biggest evacuation due to fire in Alberta's history.

On Tuesday, the entire city of Fort McMurray was evacuated, including MacDonald Island, and winds are forecast to switch and increase at speeds of 25 to 50 km/h by Wednesday. An estimated 80,000 residents were to evacuate the area.

"My whole life is burning away," said Jenn Tremblett, who has left for Edmonton. "My home is in Gregoire (Fort McMurray neighbourhood) so it may be gone soon."

"My family is trying to get out of town."

Tremblett said the community of Beacon Hill is on fire,

after a nearby Shell gas station blew up.

"It's very bad," she said.

Fire officials have extended the evacuation order to 10 communities in the city, including Beacon Hill, Abasand, Waterways, Draper, Saline Creek, Grayling Terrace, downtown, Thickwood, Wood Buffalo and Dickinsfield.

Kristen Mctavish, who lives in the city's downtown, was on her way 63 kilometres north to Noralta's Grey Wolf Lodge, where one camp, among others, has been set up to house evacuees.

"I cried," Mctavish said. "It's better now because we're actually moving somewhere, but traffic is really bad."

Highway 63 going south was closed for much of the afternoon, but reopened around 8 p.m.

Many houses in Beacon Hill and Gregoire have burned down, including the homes of Mctavish's friends.

"Couple of my friends' homes have burned down, and a lot of people are going north," she said. "Buildings and businesses caught on fire. The gas station exploded."

On Tuesday evening, a forest-



Trees burn near a road in Fort McMurray, Alberta on Tuesday in this image provide by radio station CAOS91.1. THE CANADIAN PRESS

ry spokesperson said officials are pulling out crews as it has become prime burning time, adding tomorrow is supposed to be more intense.

Mctavish said she's a bit worried her home may burn down.

"I live close to the Gregoire and Beacon Hill area," she said. "I hope it will be under control by then."

Metro confirmed that Wil-drose leader Brian Jean's home

was one of the many destroyed by fire.

More than 100 patients were safely moved from the Northern Lights Regional Health Centre in Fort McMurray as the fire bore down on the city.

According to Alberta Health Services, 73 acute and 32 continuing-care patient were moved from the hospital when officials ordered the facility evacuated.

Unseasonably hot temperatures combined with dry conditions have transformed the boreal forest in much of Alberta into a tinder box. The wildfire threat ranging from very high to extreme.

Fire officials had already warned earlier in the day that rising temperatures and low humidity could help the fire grow.

WITH FILES FROM THE CANADIAN PRESS

CRISIS

Province doing all for safety: Notley

The wildfire that pounced upon Fort McMurray was whipped by unpredictable winds on a day when the temperature reached 32 C, and worsened dramatically in a short time and many residents had little notice to flee.

Alberta Premier Rachel Notley said late Tuesday the province was doing all it could to ensure everyone's safety. She said she was looking into the possibility of an airlift for residents with medical issues.

"As frustrating and as scary as it is to leave your home, it's not as frustrating and scary as to find that you're trapped," Notley said in a late-afternoon update. "It is absolutely important that people follow instructions and evacuate as requested."

Work camps associated with oilsands projects well north of the city were being re-purposed to house evacuees.

Crews had seemed to be making progress controlling the Fort McMurray blaze, burning since the weekend, but the situation worsened quickly.

Unseasonably hot temperatures combined with dry conditions have transformed the boreal forest in much of Alberta into a tinder box. The wildfire threat ranging from very high to extreme.

Forestry spokesman Bruce Mayer said a cold front was expected to come through the region by mid- to late-day Wednesday, which would bring with it shifting winds gusting to 50 km/h. He said to expect "a more intense burning day."

THE CANADIAN PRESS



Couple of my friends' homes have burned down, and a lot of people are going north. Buildings and businesses caught on fire.

Kristen Mctavish



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STRETCH MARKS & LOOSE SKIN BE GONE



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Life just isn't fair sometimes! An example of this is abdominal laxity and stretch marks. Women who do something wonderful, like give life for example, can be left with skin that is flaccid or wrinkled on their abdomen. A person who has done something wonderful for themselves like lose weight, can be left with loose skin as well. Anyone who grows too quickly, for whatever reason can be left with stretch marks. Loose skin and stretch marks are the bane of women and men, but women are affected far more often, especially after having a baby.

Skin laxity appears most commonly on the abdomen, the upper arms, the thighs and the neck. It may be subtle, appearing only when the skin moves or in bright light. More severe laxity may resemble the texture of a rubber balloon that has been inflated and then had the air released. Stretch marks tend to occur near the armpits, on the thighs, on the flanks, abdomen, chest and groin. They appear as linear streaks on the skin, beginning as flat red lines and fading over time to become depressed white striations. Sometimes they remain red. They may affect a wide area of skin or appear randomly here and there.

If the skin on your abdomen (or elsewhere) is flaccid, wrinkled or scarred with stretch marks, I have exciting news! Skinpossible has acquired Fotona's XP Dynamis and XS Dynamis lasers, two new lasers that were recently introduced to the North American

market. The expanded capabilities of these two versatile lasers open a whole new realm of promising possibilities for rejuvenating damaged skin.

Loose skin and stretch marks often occur in unison but the two conditions do not necessarily go hand-in-hand. One can appear without the other. In any case, the versatility of having these two unique lasers allows us to customized combinations that can tighten skin, improve the appearance of stretch marks, or do both simultaneously.

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Stretch Mark Reduction:

Treating stretch marks in the absence of loose skin involves two modalities that work together:

- Tightens skin to reduce laxity of skin around and inside the stretch marks themselves.
- Diminishes pigment in red stretch marks, fades white stretch marks.

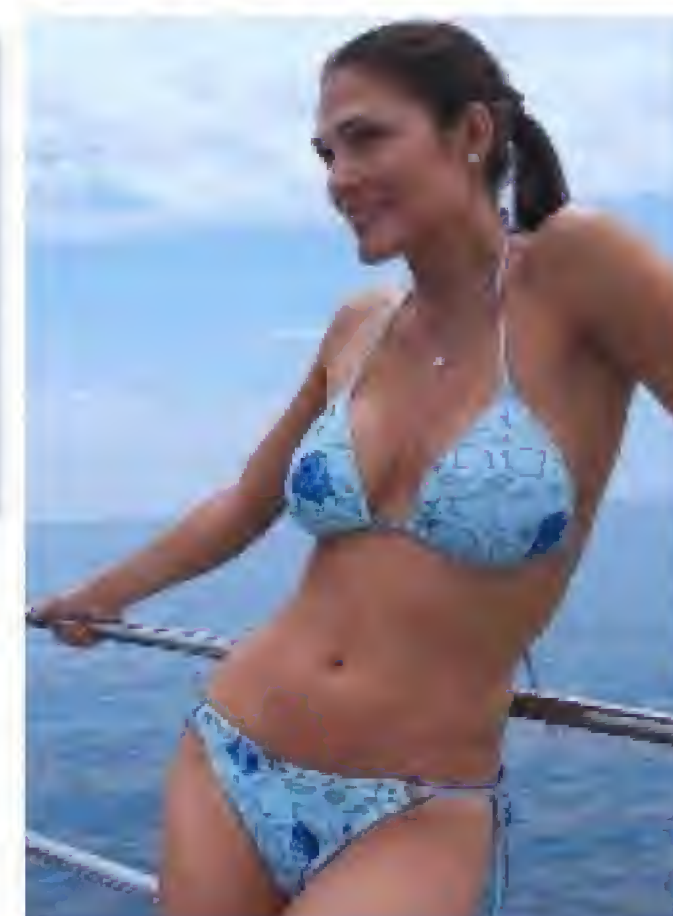
Tightening and Stretch Mark Combination:

When loose skin and stretch marks appear together four modalities are used in unison to provide the benefits of both the skin tightening and stretch mark treatment combined. These treatments are safe and effective for fair, medium or dark skin.

Can these treatments restore your skin to the way it looked before? Maybe. It depends on the degree of laxity and scarring. To find out if you are a candidate, call and book a consultation. We will give you all the information you need to make an informed decision.

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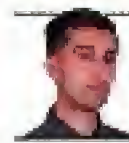
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CBE looks to close transit budget gap

TRANSPORTATION

Board says fee increases among the six considerations



Aaron Chatha
Metro | Calgary

The Calgary Board of Education

is mulling over six potential scenarios to close a \$13-million budget gap for transportation.

On May 3 and 4, the CBE will be holding community engagement forums to discuss the possible scenarios, as well as an online survey that will remain open until May 8.

Currently, transportation fees sit at \$300. After parents complained about a move to congregated bus stops last September, the CBE moved to en-

sure all walk distances to bus stops are within 1.6 kilometres for elementary students, and within 1.8 kilometres for junior and high school students.

The average ride times are currently 30 to 40 minutes.

If the current service levels are kept intact, the fees will create \$8 million in revenue, helping to close the funding gap, but still leaving a difference of \$5 million.

The first of the possible scen-

arios to close that difference is to increase fees from \$500 to \$550.

Scenario 2 and 3 involve keeping the fees at their current level, but having alternative program students use congregated bus stops — which could mean longer walk distances. Scenario 3 would also eliminate routes with a ridership of 10 students or less.

Scenario 4 would actually shorten walk distances to buses

significantly, and reduce bus ride times, but fees could increase up to \$600.

Scenarios 5a and 5b involve a fee increase, with even higher fees for students in alternative programs, and a partnership with Calgary Transit.

Whichever scenario is chosen, the CBE said it will take time to implement, and parents will not likely see major changes in their 2016-17 school transportation service.

"When I say no major changes, we are trying to accommodate the same level of service we are currently providing, but there may be some fee increases of a small amount," said Carrie Edwards, CBE director of Planning and Transportation.

"We don't know what that's going to look like yet, because we haven't gotten the budget numbers yet."

For more information, visit www.cbe.ab.ca.

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MEDICINE

Province to revamp laboratory services



Health Minister Sarah Hoffman CONTRIBUTED

Alberta is revamping how it delivers medical laboratory services and the health minister says the bar is going to be higher for any private companies.

Sarah Hoffman says the government is moving towards an integrated, publicly run system.

She says private labs can still participate, but must show they can provide a service that has a clear benefit to patients and taxpayers.

"In those cases where private companies are considered, they will need to demonstrate there is a clear benefit to Albertans," Hoffman said Tuesday.

The decision reverses policy that was being pursued by the former Progressive Conservative government.

The Tories decided 18 months ago to consolidate almost all private lab services in the Edmonton region under an Australian company for 15 years at a cost of \$3 billion.

Hoffman cancelled that plan last fall. She said she was not convinced that privatization provides the best level of care at the best price.

Instead, there will be an extra \$2 million to address lab demand pressures in the capital region.

A report delivered by the Health Quality Council of Alberta said the original plan to outsource to the private

sector was risky and had a "lack of clarity" about the true cost of transition, capital and operations.

The Health Sciences Association of Alberta (HSAA) welcomed the government's announcement, calling it a welcome return to decisions being based on evidence instead of ideology.

"We have said from the very start that the Request for Proposal issued under the direction of the previous Conservative government for the Edmonton laboratory was fundamentally flawed because it refused to even consider a publicly operated option," said HSAA president Elisabeth Ballermann, in a news release.

The Alberta Union of Provincial Employees (AUPE) also welcomed the NDP's plan.

"AUPE has long called on the Alberta government to maintain a public delivery model for lab services and this report confirms that model is the best choice for an integrated provincial health system," said president Guy Smith, in a release. THE CANADIAN PRESS

“

Private companies ... will need to demonstrate there is a clear benefit.

Sarah Hoffman

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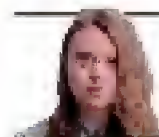
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LOST AND FOUND

Transit rider recovers wallet with \$1K inside



Helen Pike
Metro | Calgary

It's not everyday you lose your wallet — and expect to have it returned with over \$1,000 cash intact.

But it was Bernadet Schneukere's lucky day.

On Sunday Schneukere was travelling on the Number 3 bus when somewhere along the way she dropped her wallet. She'd just bought her \$90 transit pass, and was boarding a bus with an arm full of produce.

"I get off the bus, and I got no wallet, don't know where it is," Schneukere said.

"I backtracked and thought, oh my God, I must have left it on the bus. Anyway, this nice lady gave me a bus ticket to get home."

She figured it was gone. After a call to Calgary Transit,



Dan Storozuk, left, Bernadet Schneukere and Kulbir Chouhan came together to talk about luck and a lost wallet reunited with its owner by Calgary Transit staff. HELEN PIKE/METRO

and another call to cancel her bank and credit cards, she was ready to write it off as a loss.

Forgotten on the floor, it was found by an old woman

who handed it off to bus operator Dan Storozuk, who wasn't on his normal route.

He was filling in for another driver.

There was no picture ID, but when Storozuk brought it to his supervisor, Kulbir Chouhan, and they both perused its contents they found a

“

We were even thinking someone was missing their rent.

Kulbir Chouhan

bank card with Schneukere's name — along with \$1,000. Quickly, Chouhan called the bank, and had Schneukere on a conference call line.

"We were even thinking someone was missing their rent," Chouhan said, adding they could barely close the wallet it was so full.

"I was very happy that I returned that wallet."

After an unconventional investigation, the wallet was returned in a matter of hours.

"I was quite impressed, they took it very seriously and everything just worked out," Schneukere said. "Luck was on my side."

Although luck may have been working in her favour, both transit employees said it's just part of the job, and they followed policy to get her back the lost property.

STAMPEDE

New nom noms at midway

This ought to get your mouth watering.

The Calgary Stampede has put out its list of the newest foods they'll have for hungry Midway revellers and it's sure to keep the tummy's full and the wallets empty.

They've still got your favourites like mini-donuts and the traditional corn dog, but this year Stampede goers will be treated to 34 new foods.

Here's some of the ones we think you'd enjoy:

- Mac and Cheese stuffed burgers
- Big pickle dog
- Poutine corn dog
- Meatball sub on a stick
- Venison hot dog
- The Golden Grasshopper pie pop
- Deep fried tequila bites
- Pretzel dog
- Biggest, baddest brat
- Butter chicken fries

And many more. It's clear the Calgary Stampede doesn't want you to fit into the prized pair of Wranglers any more, right? METRO

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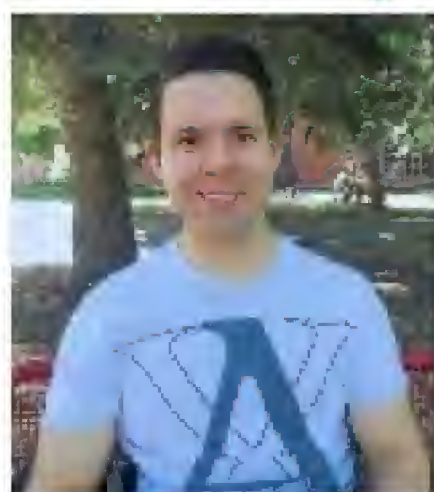
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WHAT DO YOU THINK OF THE FLAMES FIRING BOB HARTLEY?

I think it sucks in the short term, but I trust the team's judgment so that things will improve in the future. There's probably something else going on we don't know about.



Steven Lebedeff, 27, Sales

I think it was the right decision because we're not in the playoffs right now. No Canadian team is in the playoffs right now, so fire them all.



Brittany Rempel, 31, Commercial Real Estate

I don't think it was the right move. The guy won the Jack Adams award last year and managed to bring the team up to the playoffs.



James Ereiser, 28, Student

It doesn't make sense because he did so much for the team last year. A lot of people at work think it's political tension between Brian Burke and Hartley.



Manny Bassi, 29, Banking

Fired Duck on menu

NHL

Flames have many options for next coach

Darren Krause
Metro | Calgary

Former Anaheim Ducks coach Bruce Boudreau has got to be at the top of the Calgary Flames' head coaching list, at least according to one local sports writer.

The Flames sent coach Bob Hartley packing Tuesday, just days after the Anaheim Ducks fired Boudreau.

Kent Wilson, contributor to the Flames Nation website, figured the Flames would have given Hartley a little more time, perhaps the first couple months of next season, before making a switch.

"My initial assumption was they fired (Hartley) for a reason," said Wilson.

"That reason may have been the availability of Boudreau."

Wilson added that Flames GM Brad Treliving downplayed any speculation on Boudreau being a candidate, but he didn't totally buy it.

"Boudreau is the clear favourite; for what the team needs and looking at (Boudreau's) strengths," said Wilson.

He noted Boudreau significantly improved both the Capitals and the Ducks, with the latter improving each year under the coach's tutelage.

Still, other candidates are available — as there always is, said Wilson — including the coach of the Flames' farm club in Stockton, Ryan Huska.

Others like Travis Green and former Edmonton Oilers coach, Dallas Eakins, are candidates.

"It's hard to really grade guys like that because you haven't seen them do anything at the NHL level," said Wilson.

There's also a chance high-profile, currently-employed coaches like St Louis Blues Ken Hitchcock come available at the end of the season if their respective teams don't finish up well, said Wilson.

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The mother currently fighting the Edmonton Catholic School Board because her seven-year-old transgender daughter wasn't initially able to use the girl's washroom appears in this file photo. METRO FILE

‘Not for me to go into legal cases’

TRANSGENDER ISSUES

Eggen says he won't intervene in human rights classroom fight

Ryan Tumilty
Alex Boyd
Metro | Edmonton

Education Minister David Eggen said he's concerned two Alberta Catholic school boards are now fighting human rights complaints with public dollars — but is not going to wade into the disputes.

The advocacy group Progress Alberta released records obtained via the Freedom of Information Act on Monday that show Greater St. Albert Catholic Schools has spent \$367,000 on lawyers as it fights a human rights complaint.

That complaint was launched by a former teacher whom the board removed from its substitute teacher after he sought gender reassignment surgery.

The Edmonton Catholic School Board is also defending itself from a human rights complaint launched by the parents of a transgendered girl attending one of their schools, who has not been allowed to use the bathroom of her choice.

Eggen said he doesn't want to see school boards diverting money from the classroom.

“Obviously, we allocate those public funds for the classroom and the degree to which they are spent on anything else is a problem,” he said.

He added these cases also showcase the need for strong

LGBTQ policies in the province, but said he wouldn't tell boards what to do.

“It is not for me to go into legal cases as they are active,” Eggen said.

The mother of the child at the centre of the second case, whom Metro will not name to protect her child's identity, said she's disappointed the board hasn't backed down from fighting her human rights complaint despite drafting a policy for transgender students.

Her case, stemming from when her then seven-year-old transgender daughter was not allowed to use the girl's washroom, is going to mediation next week.

If it's not settled there, it will proceed to court.

Because of her employment background, the woman said she has been able complete many of the tasks required for her case herself. But, she said, someone without that experience would

face a very costly legal battle.

The woman said she remains committed to the case because while her daughter can now use the washroom, the new trans-

gender policies still under review mean that right isn't yet protected.

“As soon as we get a new principal I still need to seek permission for my daughter to use the female washroom,” she said.

“I've also been given assurances by the (education) minister that I can come to him and she would be afforded the opportunity to use the female washroom but I'm still needing to seek permission.”

She plans to pursue the case until a clear policy to protect transgender students is in place.

AHS

Study aims to prevent pregnancy condition

Jeremy Simes
For Metro | Calgary

Micheline Fulop always wonders if she could've had a full-term birth, rather than be required to deliver early after a hospital scare.

Fulop, who suffered from preeclampsia while pregnant with her daughter, wishes researchers had mechanisms to detect the hypertensive disorder

during her pregnancy.

Preeclampsia is a condition in pregnancy that's characterized by high blood pressure, and can be fatal for mothers and developing babies, if untreated.

Fulop says she hopes Alberta Health Services (AHS) new study — which doctors think will help them predict which first-time moms are at risk of developing preeclampsia early in women's pregnancies — will prevent women from going through the same troubles she encountered.

To determine preeclampsia risk, researchers will test a new prediction algorithm that looks at personal history, body mass index, blood pressure, ultrasound findings and placental function.

The algorithm works well in other countries, but researchers need a localized test to prove it works for Canadians.

“If we can reliably identify which women are at risk of early onset preeclampsia, we can ensure they get the proper care early on to prevent complications

from developing,” said Dr. Jo-Ann Johnson, AHS head of maternal fetal medicine at the Foothills Medical Centre.

Under the current standard of care, women believed to be at risk of early onset preeclampsia are given low-dose aspirin, which poses no risks to the fetus.

“If this study is successful, it's so easy to prevent premature births and even deaths,” she said.

If you're interested in participating, contact Tess Topor at 403-943-8382.

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Controversial bill repealed

INDIGENOUS AFFAIRS

Aboriginal Consultation Levy Act struck down by NDP

Alberta's NDP government is repealing legislation that it once railed against as a noxious throwback to the paternalistic colonialism of yesteryear.

Indigenous Relations Minister Richard Feehan introduced legislation Tuesday to repeal Bill 22, the Aboriginal Consultation Levy Act.

The bill was passed almost three years ago by the former Progressive Conservative government but never proclaimed into law.

Feehan said the bill had many flaws, but the main one was being crafted unilaterally by former premier Alison Redford's government with no input from First Nations.

"It seemed somewhat ironic that they actually put in a bill on consultation without any consultation," said Feehan.

The bill, passed in May 2013, was intended to help fund First Nations participation in and response to potential impacts on their traditional lands from proposed resource projects.

The bill gave the government power to collect and pool money from proponents and redistribute it in the form of grants to First Nations and other indigenous groups.

The bill was short on details such as how much money was to be collected. However, it was clear about who was in charge: cabinet would decide how much was charged, when and how the money was distributed, who got it, and who met the definition of "aboriginal group."

All decisions were to be final and not open to appeal.

Treaty 6 leaders castigated the bill when it passed, saying then-aboriginal relations minis-



It was the same mindset as residential schools.

Treaty 6 Grand Chief
Tony Alexis

ter Robin Campbell did not even consult them on it beforehand.

Government House Leader Brian Mason, then a member of the opposition NDP, labelled the bill nothing more than an "old-fashioned, paternalistic, colonial-style approach."

Treaty 6 Grand Chief Tony Alexis said he was pleased to see the bill repealed, and agreed the former government's approach was insulting.

"It was the same mindset as residential schools: 'We know what's best for you and we will look after you and don't worry about nothing,'" said Alexis.

THE CANADIAN PRESS



Indigenous Relations Minister Richard Feehan. THE CANADIAN PRESS

NEGLECT

Senior left behind by relatives

The Calgary police elder abuse unit is investigating after some rental-home tenants fled in the middle of the night, leaving a brain-damaged senior behind without any food or water.

CTV reports the 69-year-old woman was taken to hospital for a checkup after she was discovered by the landlord in the northeast-area residence on Monday.

Officials say the family did not contact anyone about her after they left.

The landlord, Sandy Ert, says she had recently served the tenants an eviction notice after they got behind in their rent.

Ert says the people who fled (two women who had a baby) left the house littered with household items, garbage, rotting food and dirty diapers.

It's believed the senior's relatives may have gone to British Columbia.

Ert said the biggest shock was finding the woman in bed with no one else in the house.

"She's a very sweet old lady. She's naive. What kind of family would leave her behind?" METRO

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
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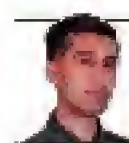
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Create a startup in a weekend

No idea needed to become an entrepreneur at annual event



**Aaron
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Metro | Calgary

In 54 hours of madness, Calgary entrepreneurs can go from an inkling of an idea to a viable product.

From June 3 to 5, Startup Calgary is running its annual Startup Weekend. Entrepreneurs

meet up on the Friday night and pitch ideas. Groups are formed around the strongest pitches, and the rest of the weekend is spent with coaches and mentors fleshing out those ideas. On Sunday, the final pitches are delivered to a group of local judges.

But you don't need an idea to take part.

"You don't have to be a designer or developer and you don't have to come with a preconceived thought process," said Kari Gordon, executive director of Startup Calgary. "You can come in with, 'Hey, I'm interested in the entrepreneurial space; I'm going to sign up for Startup

Weekend.'"

In the past, Startup Weekend has produced a few rapidly growing startups.

Tom Bielecki came up with the idea for PrintToPeer during the 2013 Startup Weekend. The company connects 3D printers to a network. For facilities such as universities with large numbers of 3D printers, it allows them to manage their projects remotely. Printing can be started through the web service and can even be monitored through a webcam.

At the Startup Weekend, the group won best enterprise startup from the judges. Their prize was the chance to go to Silicon

Valley to pitch investors — and they found one very quickly.

"Literally, within a week, we went from 0 to 100," said Bielecki. "It was crazy."

The company now has a second office in London.

Kevin Crowe came to Startup Weekend a few years ago with a platform for consumers to donate their Airmiles to people who need to see sick relatives.

Crowe wasn't even expecting to share his idea, but by the time the weekend ended, he had a not-for-profit business set up. Since then, Give a Mile has given out 214 flights and 7.4 million miles.



Tom Bielecki went into Startup Weekend in 2013 with just an idea. A week later, he had an investment. COURTESY TOM BIELECK

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CRIME

Police nab 27 in sex trade sting

A Calgary police sex trade investigation has nabbed 27 alleged Johns and slapped them with charges.

Between April 26 and 29, officers from the Calgary Police Service investigated prostitution-related complaints in the areas of 15 Ave and 2 St. SW, and 19 Ave and 48 St. SE.

The objective was to reduce illegal activity in those areas, as well as connect with sex trade workers to build a positive relationship and provide any resources they may have needed to assist them in leaving the sex trade.

As a result of the investigation, 27 people were charged with unlawfully communicating with any person for the purpose of obtaining sexual services, along with 19 warrants for unrelated criminal code charges. METRO

SAFETY

City fire advisory issued

Due to ongoing dry weather, the Calgary Fire Department has issued a fire safety advisory for the city.

The advisory doesn't limit the use of fire pits or barbecues, but does promote caution.

"We ask that everyone be vigilant when disposing of smoking materials and when using outdoor flames," said Carol Henke, public information officer for the Calgary Fire Department.

Citizens are also asked to be cautious in natural growth parks and green spaces where there are dry grasses and shrubs.

Residents can view all current bans on the Alberta fire bans website. METRO



Fraser Simons has created a rulebook, commissioned artwork and packaged the tools necessary for players to immerse themselves in a futuristic. His roleplaying game, *The Veil*, was made possible through Kickstarter. COURTESY FRASER SIMONS

Futuristic Kickstarter success story unveiled

ENTERTAINMENT

Calgarian creates and funds tabletop roleplay game



Aaron Chatha
Metro | Calgary

Calgarian Fraser Simons is inviting you to step into his cyberpunk world.

Simons has successfully Kickstarted his new roleplaying game called *The Veil*. Think Dungeons

and Dragons, but less about dice rolls and more about creating a world together. Also, instead of orcs and knights there are artificial intelligence systems and people with cybernetic upgrades.

Simons used a similar role playing game template called *The Apocalypse World* engine to create *The Veil*.

There's a game master running the proceedings, and players choose a class to enter into the world — and that class, or 'playbook,' defines their beliefs or world views. For example, players can be an Apparatus — a new AI struggling to find its place in the world — or an Empath, which is a character

that can manipulate emotions as if they were tangible objects.

Players are encouraged to put thought into their actions as they explore the game world, using maps, dice rolls and imagination.

"It's more about interacting with the fiction," he said. "It's like, you move 30 feet and hit something. But you're telling me how you hit it. Instead of, I go up and hit this creature, you say I jump on the chandelier, drop and plunge my sword into its neck and he dies."

Instead of having clear cut goals, the game is more about challenging beliefs. The game master ties everything to a

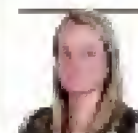
central chosen theme, but the players interact with the world as they like. Themes can go along the lines of, 'how much can a person add robotic parts to themselves before they're no longer human?' or, 'what is identity, when talking about artificial intelligence?'

Simons' rulebook helps the game master keep things on track and within a fiction that allows players to have freedom, without breaking the game.

When he launched the Kickstarter, he was only looking for \$7,700 to fund the game. He's currently raised more than \$10,000 with three weeks still to go.

TEACHING EXCHANGE

Board seeking hosts



Lucie Edwardson
Metro | Calgary

The Calgary Board of Education (CBE) is looking for families to take part in a cultural exchange by hosting Japanese teachers visiting Calgary.

Pam Baji, manager of global learning at the CBE, said the Japanese teachers from the Yamaha Corporation come to CBE every two years to learn ESL teaching methodology.

"Where they might not have access to that in their country they come here to work with our excellent teachers and participate in various workshops to increase their skill sets," she said.

Baji said CBE is looking for families to show a little western hospitality and host teachers in groups of two at their homes this summer from July 15-23.

"We're looking for families that are really going to open their hearts and their homes to these teachers," she said. "It's really a fun program and the families we get involved are usually the ones who really get them out into the community to experience everything our city has to offer and just really be an excellent Calgary host."

The teachers will be working out of the Education Centre during the day from Monday to Friday.

A stipend would be provided to host families.

Those interested in hosting can find more information about the program by contacting Baji via email at pjbaji@cbe.ab.ca, or by phone at 403-817-7833.

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A census of excitement

GOVERNMENT

Response symbolizes that 'Canada is back': Expert



Luke Simcoe
Metro | Toronto

The long-form census is back, and it might just be more popular than ever.

Across the country, Canadians are practically bursting with joy as they open their mailboxes to find their 2016 census forms. Many are turning to social media to share the moment with the masses just as they do some of the biggest moments of their lives — weddings, birthdays and the like.

"Got this in the mail and may have squealed," tweeted Jean-François Claude. "Never thought government paperwork could get me this excited."

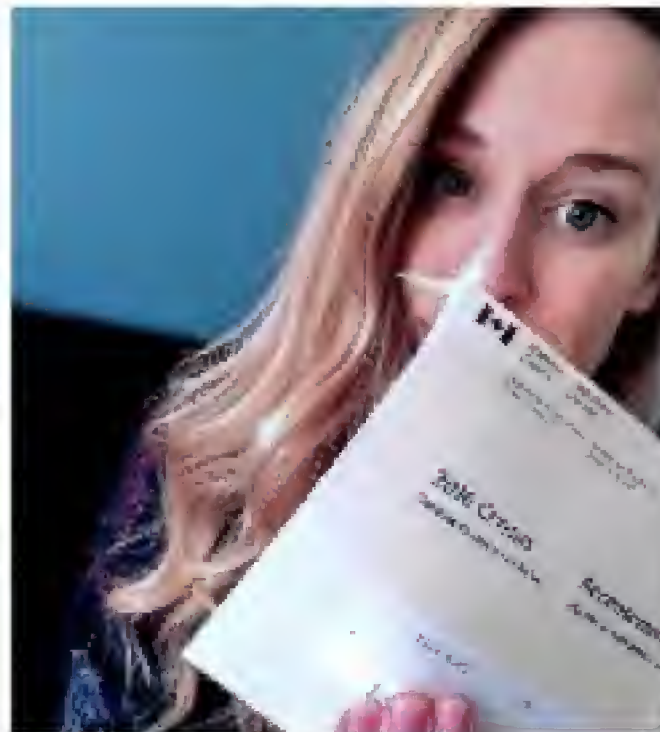
In fact, so many Canadians rushed online to fill out the census Monday that the Statistics Canada website crashed for 45 minutes.

The jubilant response to the census didn't surprise Matti Siemiatycki, a professor of planning and geography at the University of Toronto.

"I think the census is a symbol," he said. "It symbolizes for many people that Canada is back, that evidence and sound decision making is what this country is based on."

The long-form census was cancelled by the Conservatives in 2010, and its return — brought about by the Trudeau Liberals' rise to power — is particularly good for people those living in major cities, said Siemiatycki.

"The census is a critical re-



The 2016 census has Canadians bursting with jubilation. So many people rushed online to fill out the census Monday that the Statistics Canada website crashed temporarily. TWITTER.COM

source for city planners and decision makers," he said. "It provides the most extensive picture of who lives in our cities, where they live, what their demographics are, and in many cases what their needs and wants are."

That kind of information will be vital for cities as they decide where to invest new federal funding for things like

infrastructure, housing and transit, said Siemiatycki.

"We have limited resources, so how do we spend hard-earned taxpayer money wisely? We do it through evidence-based decision making," he said.

"And if our data is better, then our services and programming are better, and that means a better quality of life for everyone."

+ PENALTY

Do your census duty

If building a better city isn't enough motivation to fill out the census, consider this: Failing to follow through can lead to a fine of up to \$500 and/or up to three months in jail.

'Male' and 'female' not enough



Haley Ritchie
Metro | Ottawa

The majority of Canadians — including many who identify as transgender — probably didn't think twice about ticking 'female' or 'male' on the new census.

But one group of people — those who identify as both genders, or neither — don't have a box to tick. We don't know exactly how many since the census doesn't include them, which is frustrating both researchers and non-binary people.

"None of that data really exists anywhere, especially in Canada," said Dillon Black, a member Ottawa's Queering613 collective. "There aren't really any demographics on trans identity and especially non-binary identities."

People like Black, who don't identify with one gender, aren't represented along with intersex people or two-spirited indigenous people. The census also doesn't differentiate between gender identity and biological sex.

Black said they'd like to see more education around the issue and consultations between Statistics Canada and non-binary people about adding more options in a future census.

Right now Statistics Canada is encouraging non-binary respondents to leave the category blank and indicate a reason in the comments section.

Costs for pot 'too high'

The latest report from the federal auditor general urges Veterans Affairs to get a grip on its medical marijuana program for injured ex-soldiers, which is expected to cost taxpayers a startling \$25 million this year.

Michael Ferguson says it's just one of the programs where the federal government has critical data available to it that's either not usable, not used or not acted upon at all.

The report tabled Tuesday in the House of Commons also looked at the dire condition of the army reserves, the federal government's inability to detect and prevent refugee fraud and the uncertain impact of the former Conservative government's \$400-million venture capital action plan. But with medical marijuana for veterans, Ferguson paints a picture of program out of control.

He says the federal department long ago recognized the need to contain the prescribed pot program by imposing a limit on how much the government is willing to pay per gram, but usage levels and costs continue to climb. Veterans Affairs has covered medical marijuana costs since 2008, but more vets have applied since the regulations were overhauled, sending the cost through the roof.

THE CANADIAN PRESS

+ FRAUD

A dozen people at risk of losing citizenship

Immigration officials are looking at revoking the Canadian citizenship of about a dozen people after the auditor general found the government isn't doing enough to root out fraud in the citizenship system.

BRITISH COLUMBIA

Canadian university has the technology to rebuild athlete

Danny Letain never imagined he'd be able to "feel" his fingers move again after losing part of his arm in a workplace accident 35 years ago.

But with a new control system for a bionic hand developed by researchers at Simon Fraser University, he's now able to use the remaining muscles in his arm to activate the robotic limb.

The Paralympic skier said he feels as though his own hand is actually opening and closing, and he hopes eventually the futuristic-looking device can be developed for daily use.

"This one is way, way different, more exciting, because you're actually moving the fingers in that hand as if it was there," he said. "I'm actually working my fingers (using) my stump, which I've really never done before."

Letain and the research team, dubbed M.A.S.S. Impact or Mass Activity Sensor Strip, demonstrated the new control system at the university's Burnaby, B.C., campus on Tuesday.

The system consists of an armband of pressure sensors, which track movements in

Letain's remaining muscles as he performs intuitive actions such as grabbing a ball. Computer algorithms then map the data from the sensors to move the bionic hand.

After several minutes of "training" the hand to do different actions, Letain picked up objects on a table with only a few fumbles that he chalked up to nerves.

The team is still perfecting the device ahead of the inaugural Cybathlon, or "Cyborg Olympics," in Switzerland in October. Letain will be the only Canadian com-

peting in an obstacle course for people with powered-arm prostheses to perform tasks such as slicing bread and opening jars.

The aim is to spur innovations and test out different devices, but Letain's competitive side kicks in when he talks about the event.

"My plan to compete is keep my cool, but when it comes down to it and I have to get down to business, it'll be a real fast sprint to the finish," he said grinning. "I always say, 'Let's go, Canada!'"

THE CANADIAN PRESS



Danny Letain uses a bionic hand at Simon Fraser University in Burnaby, B.C., on Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Cruz quits, Trump wins in Indiana

U.S. ELECTION

Front-runner still needs 200 delegates for nomination

Texas Sen. Ted Cruz abruptly ended his presidential campaign Tuesday night after falling to Donald Trump in Indiana's primary, a devastating loss that left him with no viable path to the Republican nomination. Trump, considered a fringe candidate a year ago, now is poised to represent Republicans in the fall presidential campaign.

"I've said I would continue on as long as there was a viable path to victory; tonight I'm sorry to say it appears that path has been foreclosed," Cruz told a sombre crowd in Indianapolis.

Cruz campaigned aggressively in Indiana, but could not overcome Trump. The billionaire businessman has stunned the Republican Party with his appeal to voters deeply frustrated with Washington and their own party's leaders.

Trump still must win about 200 more delegates to clinch the nomination. But his victory in Indiana — where he picked up at least 45 of the state's 57 delegates — made it all but impossible for Cruz to block him from doing so.

Before Tuesday's results, Cruz had vowed to stay in the race through the final primaries in June, clinging to the possibility that Trump would fall short of the 1,237

+ UNITY

Whether a united Republican Party is possible with Trump at the helm remains uncertain. Before the Indiana results were finalized, some conservative leaders were planning a meeting to assess the viability of launching a third party candidacy to compete with Trump.

delegates he needs and the race would go to a contested convention.

One outside group trying to stop Trump suggested it would shift its attention to helping Republicans in other races. Rory Cooper, a senior adviser to the Never Trump super PAC, said the group will help protect "Republican incumbents and down-ballot candidates, by distinguishing their values and principles from that of Trump, and protecting them from a wave election."

Only about half of Indiana's Republican primary voters said they were excited or even optimistic about any of their remaining candidates becoming president, according to exit polls. Still, most said they probably would support whoever won for the GOP.

On the Democratic side, Vermont Sen. Bernie Sanders won the Indiana presidential primary, scoring a late-season victory over front-runner Hillary Clinton.

THE ASSOCIATED PRESS

AFGHANISTAN

Taliban forces 'Messi boy' into exile

The family of a 5-year-old Afghan boy who received autographed shirts from his soccer hero Lionel Messi was forced to leave Afghanistan amid constant telephone threats and a menacing Taliban letter, the boy's father said Tuesday.

Mohammad Arif Ahmadi — whose son grabbed headlines when he was photographed wearing a homemade Argentina shirt with No. 10 on the back — said they have moved to neighbouring Pakistan and settled in the city of Quetta, hoping for a better life there.

"Life became a misery for us," said Ahmadi, speaking to The Associated Press over the telephone from Quetta. He added that the family didn't want to leave Afghanistan, but the threats were just getting more and more serious.

Ahmadi said he feared that his son Murtaza would be kidnapped after becoming an Internet sensation — both at home in Afghanistan and beyond — after pictures of him wearing a Messi shirt made out of a striped plastic bag went viral.

Ahmadi said that at first he was not sure who was behind all the phone calls, and that he thought it might criminal gangs seeking to extort money and falsely thinking the family might have made lots of cash amid the boy's international popularity.

But he said he realized it was the Taliban after he received a call from a local driver in the area who told him he was bringing him a letter.

"It was a letter sent by the Taliban," Ahmadi said.

The Taliban have not commented the case of the 5-year-old Murtaza and their spokesman was not immediately reachable for comment.

The Ahmadi family first travelled to the Pakistani capital, Islamabad, but couldn't stay there long because of the high cost of living. They later moved



Afghan boy Murtaza Ahmadi plays with a football on Tuesday while wearing a shirt donated and signed by Messi in Pakistan's southwestern city of Quetta. The boy who captivated hearts after he was pictured wearing a plastic bag as an improvised Messi jersey has appealed to the UN refugee agency after fleeing his home. AFP/GETTY IMAGES

“In the letter, the Taliban asked why my son was not learning the Qur'an in an Islamic school and why I was instead allowing him and encouraging him to play soccer.

Mohammad Arif Ahmadi, Murtaza's father

to Quetta.

When the threatening phone calls became more menacing, the family decided

to go and "that was the main reason that I left my homeland," he added.

"I sold all my belongings and

brought my family out of Afghanistan to save my son's life as well as the lives of the rest of the family," the father said.

The Taliban banned some sports — though not men's soccer — as "un-Islamic" during their brutal five-year reign between 1996 and 2001 and converted the main Kabul soccer stadium into a stage for public executions.

THE ASSOCIATED PRESS

SOCIAL MEDIA

Canadian kicked out of Nepal after tweets

A Canadian man has been ordered to leave Nepal within two days after authorities said he posted messages on social media that could disturb social harmony.

Home Ministry official Yadav Koirala says Robert Penner's work visa was revoked because a report prepared by authorities suggested his critical posts on Twitter threatened national unity.

Penner, who has worked for a software company in Nepal

for three years, was detained on Monday for questioning and spent the night in detention.

The government made the decision to expel him late Tuesday.

Koirala says Penner was released from detention and handed over to a local family friend on the condition that he leaves the country in two days.

Penner has criticized the new constitution adopted last September and the government's handling of violent ethnic protests. THE CANADIAN PRESS

PHILIPPINES

Video of hostage's beheading released

Muslim militants in the Philippines have released a video showing the beheading of Canadian hostage John Ridsdel, an American group that monitors jihadi websites reported Tuesday.

Ridsdel, 68, of Calgary, was one of four tourists — including fellow Canadian Robert Hall, Norwegian Kjartan Sekkingstad and Filipina Marites Flor — who were kidnapped last Sept. 21 by Abu Sayyaf militants.

In a series of tweets, Rita Katz of the SITE Intelligence Group cited the video as saying Ridsdel was beheaded on April 25 "due to non-compliance" of the Can-

adian government.

Another video released by the militants shows the three remaining hostages, with the militants threatening to behead them if their demands are not met, she said.

The video, obtained by The Canadian Press from SITE, shows the remaining hostages pleading for help with gun-wielding hooded captors behind them. They are seen asking the Canadian and Philippines governments for help.

Ridsdel was beheaded after Abu Sayyaf militants made a large ransom demand for his release.



John Ridsdel AFP/GETTY IMAGES

Prime Minister Justin Trudeau has said Canada would never pay ransom for the release of hostages.

"Paying ransom for Canadians

would endanger the lives of every single one of the millions of Canadians who live work and travel around the world every single year," Trudeau said last week.

A senior official said last week that the RCMP was conducting a criminal investigation into Ridsdel's murder. The official, who spoke on condition of anonymity given the sensitivity of the ongoing hostage case, said the Mounties were relying on the extraterritorial provisions of the Criminal Code to pursue the overseas investigation.

THE CANADIAN PRESS



May 6th & 7th

CALGARY INTERNATIONAL BEERFEST

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SPONSORED CONTENT

CALGARY INTERNATIONAL BEERFEST

Cheers! The Beerfest is bigger than ever

With a jam-packed line up, this year's Calgary International Beer Festival promises to be bigger and better than ever. The craft beer boom has begun opening the door to the smaller brewers to challenge the high-budget big fish that have dominated the market for so long.

A beer festival like this is the perfect celebration of this power shift with a truly vast variety at this year's event, which runs May 6 and 7.

More than 500 beers from 43 countries will be available to sample, with many never before tasted in Canada. Using the JustBeerApp — which has partnered with the festival — you can easily navigate the grounds and attend every event happening.

Become a connoisseur by graduating from Beer University, enhance your own brewing skills by attending the Brew Master seminars and take in some live music on four live music stages while sampling and voting on your favourite beers and food pairings.

Covering a whopping 275,000 square feet at the BMO Centre and the Corral, the Calgary International Beer Festival is considered one of the Top 10 beer festivals on the planet. Despite the economic downturn, the craft beer industry is thriving and doesn't show signs of slowing with double the amount of breweries operating in the province compared to this time last year.

"There's lots of great beer festivals in the world and we rank right up there in terms of size, quality and the variety of beer and food we have," says Bill Robinson, president of the Alberta Beer Festivals. "Alberta is a little bit late to the micro brewery party but we are catching up quickly."

There will be 30 restaurants, pubs and eateries in attendance to provide the perfect food to compliment your chosen beer.

"We have a lot of features at our beer festivals that other festivals don't have," Robinson continues. "Our Beer University



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concept has won awards both nationally and internationally in the context of educating the consumer on beer. There are also blind tastings run by an event sponsor, ATB Financial, to test how refined your palate is. But ultimately there's nothing quite like being at a beer festival and sampling the social atmosphere," concluded Robinson.

Here's a tip: Remember that eating food and drinking water often is cru-

cial to your experience at the festival to help you stay sober and ease any resulting hangovers the following day.

So let's bang our glasses together this weekend and say Prost! Slainte! Yamas! Kanpai! Salud! Or, more simply, cheers!

General admission is \$19 or \$30 for a weekend pass.

Visit albertabeerfestivals.com for more information.

Be a VIP

Enhance your weekend by purchasing a Beer Geek VIP admission. The pass includes early festival access, entry to one beer seminar and one cooking with beer seminar, have access to the VIP Beer Program and entrance area and avail of the VIP Hour Casks.

CALGARY INTERNATIONAL BEER FEST

May
6th & 7th

Use Promo Code: **METRO15** for 15% off Tickets @ WWW.ALBERTABEERFESTIVALS.COM



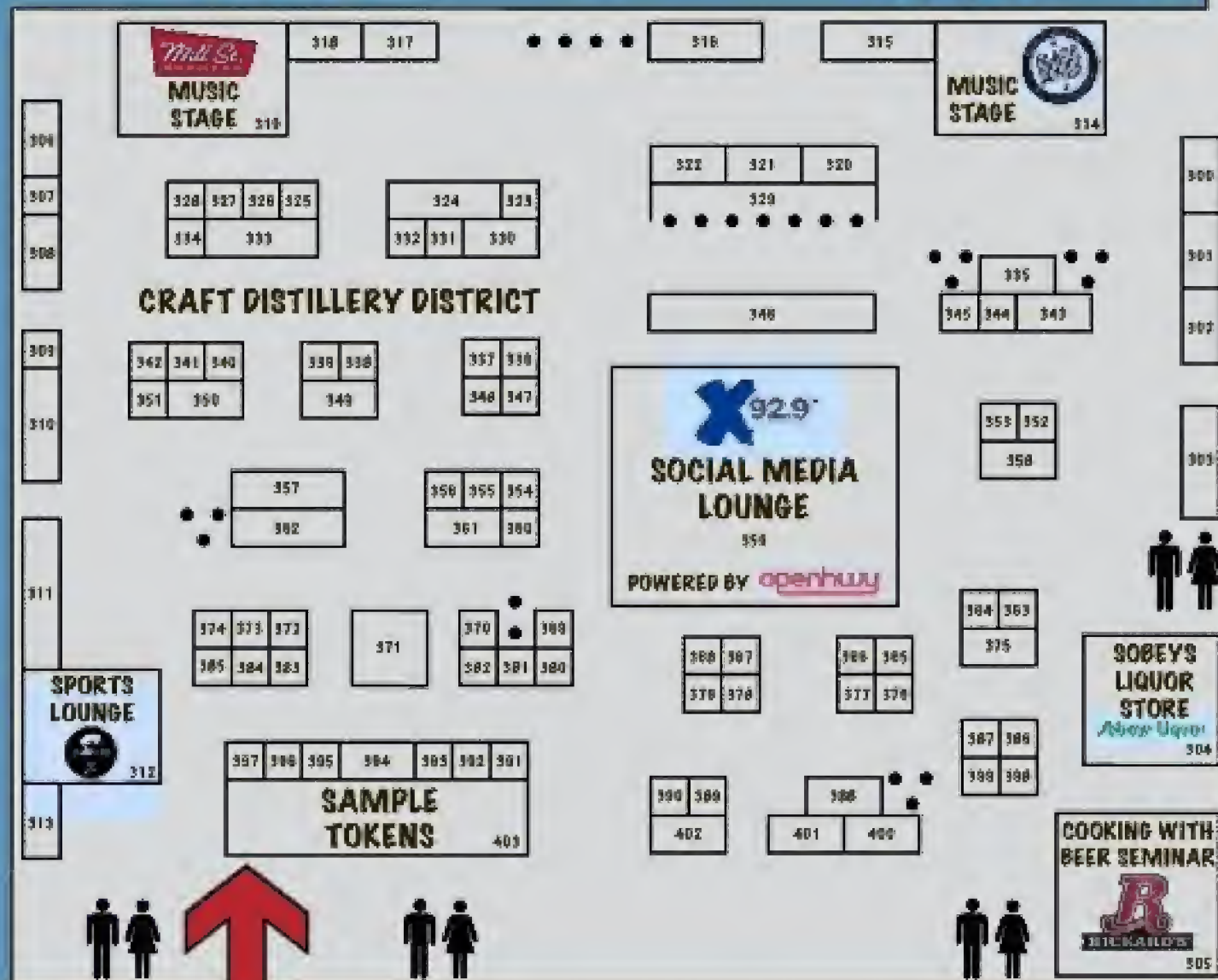
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Hall E

Hall D



Legend:



Halls A, B, C:

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- 101 SAMPLE TOKENS
- 102 KEYS PLEASE
- 103 CALGARY BREWERY TOURS
- 104 ALLEY KAT BREWERY
- 105 TWO SERGEANTS BREWING
- 106 THE DOG & DUCK PUBLIC HOUSE
- 107 MAMMOTH BEARD CO.
- 108 BANNED PEAK BREWING
- 109 LOUNGE
- 110 BOILING GAR BREWERY
- 111 THE HAPPY FISH TRUCK
- 112 OKANAGAN SPRINGS BREWERY
- 113 SLEEMAN
- 114 UNIBROU
- 115 WHISTLER BREWING CO.
- 116 CJAY 92.1
- 117 JACK ASTOR'S LOUNGE
- 118 JACK ASTOR'S BAR & GRILL
- 119 ICE BOOTH (FOR VENDORS)
- 120 SAMPLE TOKENS & INFORMATION
- 121 FALLENLEAF MEADERY
- 122 COULLEE BREWING CO.
- 123 LOUNGE
- 124 BIG T'S BBQ & SMOKEHOUSE
- 125 LOUNGE
- 126 THE WELL BREWING CO.
- 127 SIX CORNERS BREW WORKS
- 128 KOOL 101.5 & WILD 95.3
- 129 ALBERTA BEER FESTIVALS - WELCOME BOOTH
- 130 OLDS COLLEGE BREWERY
- 131 BAUER MEATS
- 132 GO KEG
- 133 ALBERTA BARLEY
- 134 GRAINS WEST, FAIR PRATEREI
- 135 ALBERTA WHEAT
- 136 HOPS CANADA
- 137 RED SHED MALTING
- 138 BEER SCHOOL
- 139 LOUNGE
- 140 GRAPES TO GLASS
- 141 CAMRA
- 142 ATB FINANCIAL
- 143 FOTOFUB
- 144 PAT'S BACKCOUNTRY'S BEVERAGES
- 145 FAT UNICORN BREWERY
- 146 WURST
- 147 FRUH
- 148 PMA CANADA
- 149 MAYFAIR TAXI CO.
- 150 GOOSE ISLAND BREWERY
- 151 DEEP COVE BREWERS & DISTILLERS
- 152 CATEGORY 12 BREWING, DOUBLE MOUNTAIN BREWERY, SOUTLEIGH BREWING CO., WORTHY BREWING
- 153 CRAFT BEER MARKET
- 154 TOOL SHED BREWING CO.
- 155 TROLLEY FIVE RESTAURANT & BREWERY
- 156 SUNCOR CORPORATE LOUNGE
- 157 PACIFIC WESTERN BREWING CO.
- 158 AZ IMPORTS
- 159 THE DANDY BREWING COMPANY
- 160 LOUNGE
- 161 LOCAL ON 8TH
- 162 LOUNGE
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- 170 WESTWAY LIQUORS
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- 172 LOUNGE
- 173 SHOCK TOP
- 174 VILLAGE BREWERY - VILLAGE SQUARE
- 175 BC TREE FRUITS CIDER CO.
- 176 RUSSELL BREWING CO.
- 177 ERDINGER, AFFISEM, DUCHESSE DE BOURBONNE, FRULI, STIEGL, O'HARA'S IRISH STOUT
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- 180 THE SHIP & ANCHOR
- 181 NINKASI BREWING COMPANY
- 182 COPPER & THEORY LOUNGE
- 183 TOFIND BREWING CO.
- 184 THE NOODLE BUS
- 185 SIERRA NEVADA
- 186 STEAMWORKS
- 187 DEBOUTES BREWERY
- 188 DISTRICT BREWING CO.
- 189 LOUNGE
- 190 MILLER GENUINE DRAFT, MILLER LITE
- 191 STONEY NAKODA RESORT LOUNGE
- 192 STEEL & OAK BREWING CO.
- 193 DAGGERHEAD BREWING
- 194 GRANATIN BREWING
- 195 ASAHI, TIGER, CRABRIES

Hall A

Hall B

Hall C

- 196 HOWE SOUND, ANCHOR STEAM
- 197 STONEY NAKODA RESORT
- 198 STANLEY PARK BREWING
- 199 LOUNGE
- 200 ORIGINAL ICEBERG FLOAT
- 201 KARIS BREWING, ROYAL JAMAICAN GINGER
- 202 WYCHWOOD BREWERY, HOBGOBLIN
- 203 MIDTOWN KITCHEN & BAR
- 204 SCHOEFFERHOFER DRAPEFRUIT RADLER, RADEBURGER
- 205 LOUNGE
- 206 ANDRY ORCHARD CIDER
- 207 ELDORADO RUM
- 208 GLUTENBERG BREWING CO.
- 209 ROONEY'S OYSTER HOUSE
- 210 EPOCH IMPORTS LOUNGE
- 211 TIN WHISTLE BREWING CO.
- 212 ARROWHEAD BREWING, CANUCK EMPIRE BREWING
- 213 FERNIE BREWING CO.
- 214 KNOXVILLE'S TAVERN
- 215 THE PINT
- 216 TUBBY'S PARTY RENTALS
- 217 OLD YALE BREWING
- 218 NELSON BREWING CO.
- 219 BOTTLESCREW BILLS SPORTS LOUNGE
- 220 BOTTLESCREW BILLS PUB
- 221 PAMPA BRAZILIAN STEAKHOUSE
- 222

Halls D, E:

- 300 THE FEDERATION OF BEER
- 301 ANKER BRAU, BEERS OF THE WORLD
- 302 ALPINE RAFTING
- 303 STROMBOW CIDER
- 304 SOBEYS LIQUOR STORE
- 305 COOKING WITH BEER SEMINAR - PRESENTED BY RICKARD'S
- 306 PALMETTO MOONSHINE
- 307 LOUNGE
- 308 RANCHMAN'S COOKHOUSE & DANCEHALL
- 309 BLACK FLY BEVERAGES
- 310 IMPACT CANOPIES
- 311 THE CALGARY SPORTS & ENTERTAINMENT CORPORATION
- 312 THE PIG & DUKE SPORTS LOUNGE
- 313 THE PIG & DUKE PUB
- 314 BLACK BRIDGE BREWERY MUSIC STAGE
- 315 ED'S RESTAURANT
- 316 MINHAS MICRO BREWERY
- 317 MILL STREET BREW PUB
- 318 MILL STREET BREWERY
- 319 MILL STREET MUSIC STAGE
- 320 MIKE'S BEVERAGES
- 321 YELPI LOUNGE
- 322 EMPANADA QUEEN
- 323 CARLSBERG
- 324 THE UNICORN SUPERPUB
- 325 LIGHTHOUSE BREWING
- 326 HOFBRAU MUNCHEN ORIGINAL, SOUND BREWING, BRIDGE BREWING, BACK FORTY BREWING
- 327 TWISTED TEA
- 328 MT. BEBBIE BREWERY
- 329 THE NATIONAL BEER HALL LOUNGE
- 330 YUKON BREWING
- 331 LOUNGE
- 332 SECRET BARREL DISTILLERY
- 333 LAST BEST BREWING & DISTILLING
- 334 BANFF AVE BREWING CO.
- 335 SPOLUNGO'S DELI
- 336 LUCKY BASTARD DISTILLERS
- 337 LOUNGE
- 338 PARK DISTILLERY
- 339 LOUNGE
- 340 EAU CLAIRE DISTILLERY
- 341 LOUNGE
- 342 BIG RIG DISTILLERY
- 343 VAGABOND CALGARY
- 344 VAGABOND LOUNGE
- 345 KID TO CONQUER CANCER
- 346 THE NATIONAL BEER HALL
- 347 BELGIAN MOON
- 348 LOUNGE
- 349 SHO SUSHI
- 350 BREWSTERS BREWING COMPANY
- 351 BEER REVOLUTION
- 352 LOUNGE
- 353 BIG SURF LAGER, RIDER CIDER
- 354 THE GRIZZLY PAW BREWING CO.
- 355 SONOMA CIDER
- 356 GREAT WESTERN BREWING CO.
- 357 TOBACCO OUTLET
- 358 CHINA ROSE RESTAURANT
- 359 X2.9 SOCIAL MEDIA LOUNGE - POWERED BY OPENHWY
- 360 (AAPS OF CALGARY & KIDS UP FRONT, X2.9, BRANDED, APT)
- 361 GRANVILLE ISLAND BREWERY
- 362 BIG ROCK BREWERY
- 363 RED CARD LOUNGE
- 364 JOHN H. R. NOLSON & BROS. 1908
- 365 BALTIC AMBER
- 366 INVESTOR'S GROUP
- 367 BLINDMAN BREWING
- 368 WILD ROSE BREWERY

- 368 SOMETHING BREWING CO.
- 369 BOILING GAR BREWERY
- 370 BENCH CREEK BREWING
- 371 COLD GARDEN
- 372 RIBSTONE CREEK BREWERY
- 373 KING OF SPRINGS BREWERY
- 374 TROUBLED MONK BREWERY
- 375 CALGARY SPORT & SOCIAL CLUB
- 376 WANDERROOT
- 377 SINGHA LAGER
- 378 LAGUNITAS BREWERY
- 379 ROUGE ALES
- 380 FUGOLES & WARLOCK CRAFTWORKS
- 381 LIGORNE BREWING CO.
- 382 BETTY'S COOLERS
- 383 CENTRAL CITY BREWERS & DISTILLERS
- 384 PARALLEL 48 BREWING CO.
- 385 DRIFTWOOD BREWING
- 386 MAP JACK
- 387 VIRGIN RADIO
- 388 HORIZON BEERS
- 389 DUSTY BOOTS HARD ROOT BEER, CRAZY BEARD
- 390 APPLE & GINGER
- 391 VOLKAN BEER
- 392 VAN HONSENBROUCK CASTLE BREWERY
- 393 LOUNGE
- 394 PUMPHOUSE BREWING
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- 403 KEYS PLEASE
- 404 SAMPLE TOKENS

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6:00	BORN IN OREGON	6:00	RISE OF CRAFT DISTILLERS
7:00	SOUR BEERS	7:00	NEW BEERS ON THE BLOCK
8:00	APRES SKI	8:00	DOG DAYS OF LAGUNITAS

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Friday, May 6		Saturday, May 7	
4:30	BEER & CHEESE	4:30	BEER & CHEESE
5:30	PAMPA BRAZILIAN STEAKHOUSE	5:30	VAGABOND CALGARY
6:30	CEILI'S IRISH PUB	6:30	PAMPA BRAZILIAN STEAKHOUSE
7:30	BEER & CHEESE	7:30	BEER & CHEESE
8:30	VAGABOND CALGARY	8:30	CEILI'S IRISH PUB

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SPONSORED CONTENT

CALGARY INTERNATIONAL BEERFEST

Brewery making waves around Calgary pubs

Calgary beer lovers take note: a new brewery is making waves around the city's pubs. Out in the Albertan countryside you will find an attentive, diligent brewer with a meticulous eye for quality. Bench Creek Brewing stands proudly next to a forest of spruce trees that happen to be older than the country you live in.

Nestled in nature's beauty, Bench Creek brewery knows that a well-crafted beer doesn't happen by chance. A beacon for craft beer in Alberta, the brewery is always searching for new flavours. Fresh ingredients found in the untouched wilds are refined and distilled into a perfect beer to share in Canada and beyond.

"We're a bit different than most breweries around, in that we've chosen to set up in a rural location, more specifically on my 37-acre property right in the backyard," says Andrew Kulynych, the owner of Bench Creek Brewing. "We're Alberta's first real destination brewery and for the



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full experience of the place we recommend that people come by, have beers on the patio and enjoy the great outdoors on the foothills of the Rocky mountains," adds Kulynych.

If you can't make it out to the brewery straightaway you can satisfy your curiosity by visiting the Bench Creek stall at this year's Calgary International Beer Festival happening at the BMO Centre on May 6 and 7. Come and taste what all the fuss is about. You will not be disappointed.

'Superpub' reinvented in new location

Locally owned and operated, the Unicorn is Calgary's only 'Superpub' and an iconic Calgary institution. The Unicorn brand was established by the Irish Rovers, named after their hit song, and was the original pub-style place in the city.

It lost its original location last May after more than 30 years, however it's been re-invented at a new location less than a block away and is bigger and better than ever, offering three different bars on three levels in one building. Located at 223 8th Ave. SW, the East Coast-style Celtic Cellar props up the place with the sleek and modern Sports Cantina on top and the Classic Calgary in between on the ground level.

The ground floor also offers a patio for the warmer months. With delicious, high quality

food and drink options on all the levels, and great specials every day of the week, there really is something for everyone.

Be sure to try the Pig Roast Tacos on Tuesdays, and the signature Bulldog and French Bulldog in the Sports Cantina, which is downtown's only dedicated sports bar complete with memorabilia. Historic pieces collected over the years from the original location can also be seen throughout the building. The Unicorn will be present at this year's Calgary International Beer Festival at the BMO Centre on May 6 and 7.

They will be dishing out their signature tacos and ice cold beer so pop by the stall and support one of the city's most beloved and historic public houses.



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YOUR ULTIMATE BEERFEST SURVIVAL GUIDE

Heading out to the International Beerfest? Here's some tips to help maximize your day.

Embrace interaction for festival satisfaction

The special atmosphere at beer festivals, which is partly fueled by the beverages, helps people relax and talk freely, so don't be surprised if you make some new friends.

Come with a curious palate and an open mind

In an increasingly saturated craft-beer market, some brewers use unusual ingredients to stand out from the crowd. So don't shy away from a beer made from goat brain or beard yeast. Get stuck in and keep your taste buds guessing.

Find the perfect beer-food match

With more than 30 restaurants and eateries present at the festival, take your time and explore all the options.

You may discover surprising and tasty new combos. Regular water and food breaks are also crucial for sobriety reasons and to the overall enjoyment of one's day.

Knowledge is power

Here's some helpful information nuggets to



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make your day run smoothly.

1) There are extra bathrooms inside the Corral that are barely used. 2) There are two entrances (Hall E and through the Corral) and sample tokens can be bought at both of these entrances as well as at the back of Hall C. 3) The seminars (Cooking With Beer and Brew Masters) fill up fast so get there early to guarantee a seat.

I love it when a plan comes together

Know what you want from the festival before you arrive to ensure you make the most of your day. If your aim is find your favourite new beer then get there early and sample broadly and wisely. Also, knowing your route home in advance will make your day all the better so plan to take public transit or organize a pick up prior to your arrival.



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Premier Brands has brought a broad array of beer and cider to Canadian shores from around the globe over the last 25 years.

With offices in British Columbia, Alberta, Ontario, Quebec and Nova Scotia the company has treated today's well-versed consumers to a thoughtful assortment of libations ranging from limited editions to world classics and with a real emphasis on quality.

"We're an independent importer of world class beer and cider that has operated in Alberta since 2001," says Bruce Reid general manager for Premier Brands in Western Canada.

Premier Brands will have a stall at this year's Calgary International Beer Festival happening at the BMO Centre on May 6 and 7.

The company will feature two beers at the festival, the first is a wheat beer radler called Schöffelhofer Grapefruit which is an even mix of grapefruit juice and a top-fermented full tasting beer brewed from a mixture of wheat malt and barley malt.

The other is the Radeberger Pilsner which is the original German Pilsner first brewed in 1872 using a proprietary recipe with quality standards that exceed those of the German Beer Purity Law. Premier Brands offers over 30 beer and cider choices online



STOCK

from beer-loving nations such as Germany, Sweden, England, Holland, Canada and the US. The company pairs this choice with years of experience in shipping and logistics.

So why not pop down to the forthcoming Calgary International Beer Festival and taste the quality for yourself.

Risky business if you're a woman

ENTREPRENEURS

Women are less likely to seek or get bank financing

The myth that women entrepreneurs are risk averse continues to stand in their way of getting financing to help their businesses grow, a major new study concludes.

Women entrepreneurs also said they want more than just a loan from their bank, according to A Force to Reckon With: Women Entrepreneurship and Risk. They want a relationship with a bank that understands their business and their personal needs, the study found.

"Women entrepreneurs, in general, are not satisfied with their experiences with financial institutions," according to the report sponsored by the Bank of Montreal. "In fact, in many instances women entrepreneurs

reported that they felt humiliated and frustrated by financial institutions' treatment of them."

One woman entrepreneur said the bank wanted her father to co-sign the loan, the report noted. Indeed, 80 per cent of the women interviewed for the study said they faced obstacles in getting bank loans.

Women entrepreneurs contributed \$148 billion to Canada's economy in 2011, the latest year for which data is available, the study noted.

Yet, they continue to struggle with assumptions they are risk averse, when in fact "women entrepreneurs, like male entrepreneurs, are not all alike," said Clare Beckton, report co-author and head of Carleton University's Centre for Women in Politics and Public Leadership.

The study, which included interviews with 100 male and female entrepreneurs across Canada over a two-year period, found women prefer to take what they call "rational" risks.

"Women are not only inter-

+ NUMBERS

■ **\$60,000** - average annual income earned by full-time women entrepreneurs

■ **950,000** - number of women who were self-employed in 2011

■ **47%** - Portion of Canadian small and medium-sized enterprises (SMEs) partially or majority owned by women

ested in the earnings statement but the impact of their business decisions on all aspects of their lives," Beckton said.

Bank of Montreal, which sponsored the study, said it has started incorporating some of the findings into its business.

"We know women are starting more business than men," said Susan Brown, BMO senior vice-president and head of women's strategy. TORSTAR NEWS SERVICE



PJ's Pets is closing 27 of its Canadian locations. THE CANADIAN PRESS

Pet business not a boom for all

Pet parents are driving a booming industry in Canada.

But shoppers looking for bargains or specialty products and services are pushing out mid-size chains from an otherwise growing market. Take for instance PJ's Pets and Pets Unlimited, which operate under separate banners but are one company. Late last month it announced it was closing 27 of its 39 Canadian stores.

Over the past three fiscal years, the company reported

annual multimillion-dollar losses between \$3 million and \$6.9 million, according to a March PwC report.

The report partly attributes the red ink to increased competition from larger pet retailers and retail stores.

Pet store industry revenue in Canada is expected to jump an additional 3.6 per cent this year to \$2 billion, according to a recent report by the market research firm. Three major players

— PetSmart, Pet Valu and Global Pet Foods — make up more than 40 per cent of the market share. Some, like PJ's Pets and Pets Unlimited, are mid-size operations.

They all face competition from grocery stores that increasingly include a pet supplies aisle and discount retailers.

Those big outlets attract customers by offering lower prices than smaller industry players thanks to advantageous economies of scale. THE CANADIAN PRESS

TALCUM POWDER

Johnson & Johnson to pay \$55M in cancer suit

Johnson & Johnson has been ordered to pay \$55 million to a woman who claims its talcum powder caused her ovarian cancer, the second such judgment against the manufacturer in three months.

The ruling in St. Louis late Monday comes amid ongoing debate about the link between the bathroom staple and deadly disease that is often detected too late for treatment. Some studies suggest that women who regularly use talc face up to 40 per cent higher risk of developing ovarian cancer.

Meanwhile, New Jersey-based Johnson & Johnson cites other medical evidence showing its products such as Johnson's Baby Powder and Shower to Shower are blameless.

"Unfortunately, the jury's decision goes against 30 years of studies by medical experts around the world that continue to support the safety of cosmetic talc," Johnson & Johnson spokeswoman Carol Goodrich said in a statement announcing the company's plan to appeal.

The jury deliberated eight

hours Monday before ordering the company to pay \$55 million to a South Dakota woman who blamed her ovarian cancer on years of talcum powder use. The ruling followed a \$72 million award in February from another St. Louis jury to the family of an Alabama woman who died from ovarian cancer, which she said was caused by using Johnson & Johnson's baby powder and other talcum products.

At least 1,200 other talcum powder-related lawsuits are pending, with about 1,000

of them in St. Louis, and another 200 in New Jersey, said Jim Onder, attorney for the plaintiffs in both of the recent cases.

Onder said researchers began connecting talcum powder to ovarian cancer in the 1970s, and that internal Johnson & Johnson documents show the company was aware of those studies.

A spokeswoman for Onder said Gloria Ristesund, the plaintiff in the latest case, declined comment.

THE ASSOCIATED PRESS

+ COSMETICS

Talc is naturally occurring, mined from the soil and composed of magnesium, silicon, oxygen, and hydrogen.

It's widely used in cosmetics and personal care products, such as talcum powder, to absorb moisture, prevent caking and improve the product's feel.

THE ASSOCIATED PRESS

market minute



DOLLAR

78.66¢ (-1.11¢)

TSX
13,707.68 (-157.95)

OIL
\$43.65 US (-\$1.13)

GOLD
\$1,291.80 US (-\$4)

NATURAL GAS: \$2.09 US (+4¢)
DOW JONES: 17,750.91 (-140.25)

MOLSON COORS

Montreal brewery fate in flux

Molson Coors says it is weeks away from announcing the fate of its original brewery in Montreal.

The company is reviewing the feasibility of building a new brewery on its site in Old Montreal and is expected to make a decision in early summer, Molson Coors Canada CEO Stewart Glendinning said Tuesday.

"If it's better to invest in the current one, we will," he said in an interview. "If it's better to build a new one, we will, but either way it's good news for the province."

Molson Coors received \$110

million in net proceeds from the \$185 million sale of its operations in Vancouver in the first quarter. The company will continue to produce beer at the B.C. site for up to five years until it finds a location to build a more efficient production facility, it said.

The Denver- and Montreal-based company beat expectations as its net profit almost doubled to \$158.8 million US or 78 cents per diluted share in the

first quarter, helped by the sale of the Vancouver brewery. That compared to \$81.1 million US or 43 cents per share a year earlier.

Molson Coors, which reports in U.S. dollars, saw its underlying net income grow 28 per cent to \$110.3 million or 54 cents per share after excluding one-time items. Net sales fell six per cent to \$657.2 million including currency fluctuations.

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ROSEMARY WESTWOOD ON SOCIAL ACTIVISM IN 2016

Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities. These are movements — and people — bettering our country.

All's not quiet in the True North, as witnessed by this spring of discontent.

Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities from Vancouver to Winnipeg to Montreal. And in Halifax, hundreds marched through the streets in late April to protest gun violence that killed three young black men in less than a week.

All three actions have gained considerable traction and attention and forced responses from powers as high up as premiers and federal ministers.

They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated. They are targeted in their goals and, thus far, remarkably successful.

In Toronto, Black Lives Matter's accomplishments are many and growing: There will be a coroner's inquest into the death of Andrew Loku, who was shot by police while holding a hammer, and a face-to-face meeting with John Tory, the mayor. Ontario Premier Kathleen Wynne has directly responded to the protest, and the province released a (heavily redacted) civilian oversight report on Loku's death last week. Solidarity protests in Vancouver and Montreal

have increased the movement's visibility.

Around the same time, Occupy INAC spawned from the Attawapiskat suicide crisis when Toronto protesters set up inside INAC's offices, demanding help. It spread to Winnipeg (which is entering Day 21 of the

story in Halifax, where activist Quentrel Provo has spent years fighting gun violence that disproportionately leaves young black men dead. His Stop the Violence Spread the Love group has held marches in the city before, but last month's could mark a

turning point in the fight to curb violence. Instead of activism aimed at a powerful group, it's a movement that he hopes all in his city will see as their own. Deaths in the black community "affect everyone," he says.

April was an unusually deadly month, and that "really opened up a lot of people's lives that this is reality."

That's sparking greater collaboration between education officials, police and community members on a number of fronts: Police are asking for community help in solving the killings, and the minister of education is meeting with Provo. And Provo is gaining trac-

tion for a mentorship program he hopes to launch that will reach boys at an early age and help steer them toward safer, longer lives.

All this is quite something for activist leaders of a generation often painted as feckless and navel-gazing.

"He is the reason I am here," wrote Jerilynn Webster, one of the Occupy INAC Vancouver leaders, on an Instagram photo that included her young son. "I'm not a rebel without a cause. Council of Mothers did this for indigenous kids and youth in Turtle Island. I hope people see this."

Near the start of the protest, the Council of Mothers, as the protesters called themselves, urged Attawapiskat and indigenous youth to "Keep resisting, keep loving and keep speaking your absolute truth because you are being heard."

Certainly, they have been.

The upshot of all this organizing shouldn't be underestimated: a return to discussions of racism and violence in Halifax that could change young lives; a re-think of police accountability in Toronto that has the potential to change how we handle police shootings; increased attention across this country to the needs of often forgotten indigenous youth.

These are movements — and people — bettering our country. For the average Canadian, such as myself, who has not occupied a government building, camped for days outside police headquarters or launched an anti-gun-violence march to bring change, that is a lot to be grateful for.



Kicking our opioid addiction requires right prescription

 **Alan Cassels**

We are in the midst of a deadly drug epidemic so severe and widespread few people in North America will remain untouched by it.

Typically the suggestion of an epidemic is hyperbolic, but it doesn't seem so in this case. Last month, Dr. Perry Kendall, the provincial Health Officer in British Columbia, said that B.C. has a bona-fide "public health emergency" on its hands, mostly due to the alarming number of overdose deaths linked to prescription opioids.

Opioids include prescription narcotics such as Oxycontin, hydromorphone and fentanyl, which some say is 100 times stronger than morphine. Kendall said there were more than 200 opioid-related overdose deaths so far this year in B.C., and if those numbers continue, there'll be 800 by the end of the year.

What's happening in B.C. is representative of what is happening across Canada, where we have some of the highest rates of prescription opioid consumption in the world. From 2006 to 2011, use of opioids in Canada rose by 32 per cent, and that rise has continued unabated.

The United States is also in full-on damage-control mode, trying to stem the incredible numbers of deaths due to opioids. In 2012, there were 259 million prescriptions written for opioids — enough to give every American adult their own bottle of pills. Since 2000, the overdose death rate in the U.S. has risen by 200 per cent.

The problems, as well as potential solutions, are complicated, but I agree with U.S. Surgeon General Dr. Vivek Murthy when he says curbing society's exposure to opioids — particularly those coming from a prescription pad in a doctor's office — is absolutely vital. As he said: "Physicians need to be retrained to think twice — or three or four times — before writing that first opioid prescription."

Indeed, many critics have pointed the finger at prescribers — well-meaning clinicians who've been giving too many patients excessively powerful opioid medications to deal with modest pain. But we can dig deeper and look at pharmaceutical companies' significant influence on doctors.

It's important to recognize that liberal prescribing of opioids is a recent problem and, since the mid-1990s, can be linked to the pharma industry. Doctors have increasingly been encouraged — often via educational materials paid for by opioid makers — to prescribe the drugs.

Is this epidemic not dire enough to finally build a firewall between physicians' education and the pharmaceutical industry?

To tackle the problem, we need unbiased, safety-oriented messages on the appropriate use of opioids and knowledge of their wicked potential. And we need to curb our dependence on drug-company money for doctor training.

Alan Cassels is a University of Victoria health policy researcher and author of *The Cochrane Collaboration: Medicine's Best-Kept Secret*.



TOGETHER A protester at the Toronto offices of Indigenous and Northern Affairs during April's sit-in protest over the suicide crisis in Attawapiskat. BEN SPURR/FOR TORSTAR NEWS SERVICE

protest and seeking a meeting with the prime minister and inspired rallies in Regina and Gatineau, Que.

Occupy INAC in Vancouver only ended last week after Carolyn Bennett, INAC's minister, agreed to meet with protesters to discuss their demands: the reinstatement of a \$22-million cultural program for off-reserve youth and an increase in indigenous language funding from \$5 million to \$1 billion.

It has been particularly fascinating to watch these two national movements support one another, share hashtags and disseminate each other's Facebook posts.

It's a slightly different

They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated.

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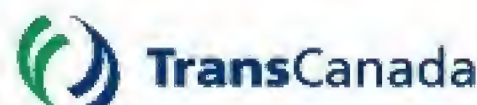
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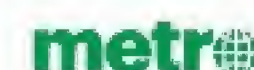


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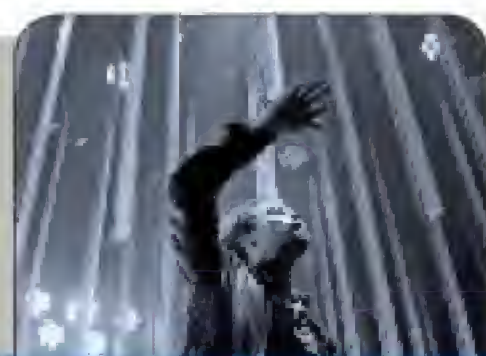
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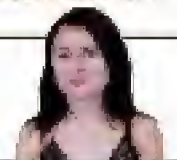


Upgrading to 'queen' of Eastern cuisine

SIROCCO

Sabrina Ghayour's second book a blend of cultures

Melita Kuburas
Metro | Canada



When Sabrina Ghayour saw the May cover of U.K.'s *Delicious* magazine hailing her as the "new queen of Eastern cooking," she laughed for a good five minutes.

"I used to be the 'Persian princess' but I've obviously upgraded now to queen," says Ghayour, whose second cookbook, *Sirocco*, features recipes that are influenced by both her Iranian and European heritage. "If it makes people happy then I'm so honoured to be even the Duchess of Middle Eastern cuisine."

A self-taught cook who has been experimenting in the kitchen since she was about six years old, Ghayour takes the praise in stride. By now, she should be used to it: after the release of her first book, *Persiana*, in

2014, Ghayour was named by *The Evening Standard* as one of London's 1,000 most influential people.

Born in Tehran, the cuisine of Ghayour's Iranian background is evident throughout *Sirocco* but even traditional explanations are paired with a fresh twist — such as the Grilled Peach and Gem Lettuce Salad recipe that comes with a brief ode to the origins of the kebab. Ghayour also incorporates recipe blends from throughout the region, such as the Lebanese baharat and Moroccan ras el hanout.

She doesn't claim any of the homestyle dishes are "authentic," but rather an expression of her personality and expertise.

"If we said 'oh this is authentic Middle Eastern food' people from every country would knock on my door and be like 'hey, hang on a second,'" jokes Ghayour, who moved to London in 1979 with her family.

"I'm not too pedantic about method; about high-honoured tradition. ... I write recipes based on what I'm actually, genuinely eating at home."



Poverty, availability, regionality, seasonality — all those things dictate what you're going to use.

Ghayour, on substitutions in recipes



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LAMB, APRICOT & FENNEL SEED LOLLIPOPS

Makes 18-20 kofta or meatballs

Ingredients:

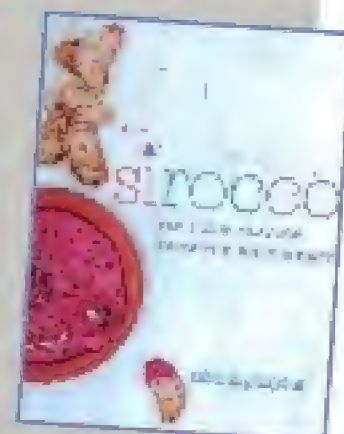
- 1 pound ground lamb
- 5 ounces dried apricots, finely chopped
- ½ cup fennel seeds, toasted and finely ground
- 2 large eggs
- 1 onion, minced in a food processor or very finely chopped
- 2 heaping teaspoons turmeric
- ½ small package (about ½ ounce) of dill, finely chopped, plus extra to garnish
- 2 heaping teaspoons flaky sea salt, crushed
- freshly ground black pepper
- vegetable oil

To serve

- 5 ounces Greek yogurt
- olive oil or lemon juice (optional)
- sweet tamarind sauce
- small handful of nigella seeds

Directions:

1. Heat a large skillet over medium heat (or high heat, if using an electric stove). If your pan isn't large enough to cook 18-20 kofta at once without overcrowding, preheat the oven to 325°F for keeping cooked batches warm.
2. Put all the kofta ingredients, except the oil, into a large mixing bowl and work the mixture, thoroughly using your hands. Really pummel the meat mixture and ensure the ingredients are evenly combined.
3. Drizzle into the hot skillet just enough oil to coat the base and allow it to heat up. Meanwhile, begin rolling your kofta — take a small amount of the meat mixture (about the size of a Ping-Pong ball) and roll it into a smooth ball, then place it in the skillet and fry for about 5-6 minutes on each side or until nicely browned and cooked through. Keep adding more and more balls as you make them, cooking in batches if necessary. Keep the cooked kofta warm in the oven on a baking sheet while you fry subsequent batches.
4. Season the yogurt with salt and pepper. If the yogurt is too thick for drizzling, thin it down a little using olive oil and 1 tablespoon water or lemon juice.
5. Arrange the kofta on a large platter and pour over a generous drizzle of the seasoned yogurt, followed by a drizzle of sweet tamarind sauce and a sprinkling of nigella seeds. Insert a wooden skewer into each meatball and serve.



YOGA

A stretch fit for the canned goods aisle

YuMee Chung
Torstar News Service

I set up shop in the canned goods aisle to bring you a pose called Hands-Free Can Opener.

This pose targets the psoas muscle, a deep-seated core muscle connecting the lumbar vertebrae to the femur.

1. Stand tall with your back against a wall.
2. Bend your right knee and draw it close to the chest with your hands.
3. Use your arm strength to

squash upper thigh against belly. Resist the temptation to hike your right hip towards the shoulder.

4. Without losing any of the intimacy you've just created between belly and thigh, go hands-free by reaching your arms straight up to the sky with palms facing one another. Arms are like train tracks rather than the Y in YMCA.

5. Take five powerful breaths through your nose before lowering hands and foot to the ground.

6. Let any sensation dissipate

before switching sides.

The Hands-Free Can Opener is a do-it-anywhere psoas strengthener that hits a major body blind spot. Do the pose a few times a day, whenever you can.

Make a splash

The Can Opener is the name of a fun beginner dive. Children of all ages love this one for its potential to create a big splash. The secret to a splashy dive is leaning the body back as it hits the water.

In contrast, our yoga pose,

Hands-Free Can Opener, is set against a wall to avoid any temptation to introduce a backward lean, which would effectively cheat the psoas of an opportunity to get strong at the very top of its range of motion. The wall keeps us honest.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



YuMee Chung demonstrates the Can Opener. TORSTAR

What to eat to boost your vegan diet

NUTRITION

These foods help bump up nutrients that may be lacking

Most vegans are likely tired of being asked whether they're getting enough protein from their plant-based diet.

But that tired feeling could also be from an iron or vitamin B12 deficiency, according to a new study from the Mayo Clinic published last month in the *Journal of the American Osteopathic Association*.

Researchers conducted a review of 167 published studies relating to the risk of vegan diets — which eliminates all animal products — and found intake of vitamin B12, iron, calcium, vitamin D, omega-3 fatty acids and protein is often lacking.

There are plenty of health benefits to following a vegan diet, but the evidence can be confusing, said lead author Dr. Heather Fields, based in Scottsdale, Ariz., who tries to follow a "whole foods plant-based diet" herself.

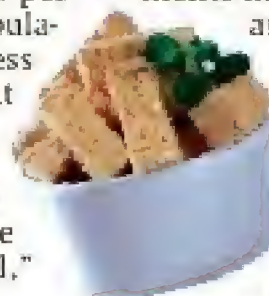
Fields led the Mayo Clinic's clinical review to ascertain which nutrients are of particular concern to vegans, who make up about two per cent of the American population. "I am becoming less and less concerned about calcium and vitamin D supplements as it seems that following a plant based diet can increase absorption quite well," Fields said.



Going vegan has many ethical and environmental upsides, but vegans often lack vitamin B12 and iron in their diets according to a study published last month in the *Journal of the American Osteopathic Association*. GETTY IMAGES

"I still have concerns about iron and B12 deficiency, so I ask all of my patients about their dietary practices."

Here's how to boost your nutritional intake using plant-based foods, although the study recommends supplements in pill form if levels are low.



Vitamin B12

Plant-based foods contain a "negligible" amount of vitamin B12, and most vegans who don't consume for-

tified foods or supplements will find themselves deficient, according to the study.

Besides supplements in pill form, try: fortified cereal and dairy substitutes, fortified tofu, nutritional yeast, fortified meat alternatives.

Iron

Vegans, especially women who are child-bearing age, often have lower levels of iron than omnivores. Iron from



plant sources, known as non-heme iron, is harder to absorb by the body than heme iron from animal sources.

Try incorporating cooked spinach and other dark leafy greens, lentils and beans, edamame, tofu, tomato paste, whole grains, some nuts and seeds.

Calcium and vitamin D

Multiple studies have documented a lower intake of



Vitamin D and calcium among vegans, the Mayo Clinic review showed, though the implications for bone mineral density are mixed. Biological processes may also protect vegans from deficiency, but these authors recommend dietary supplements.

Try calcium-fortified dairy alternatives like soy or almond milk, almonds, tahini, blackstrap molasses, collard greens, bok choy and okra.

Omega-3 fatty acids (EPA and DHA)

While most vegans get sufficient linoleic and alpha-linolenic essential fatty acids from vegetable oils and nuts, many vegans don't get enough EPA and DHA fatty acids, the Mayo Clinic report showed. Those essential fatty acids play a role in metabolism and cognitive functioning, though the authors argue there is no evidence lower intake has negative health consequences.

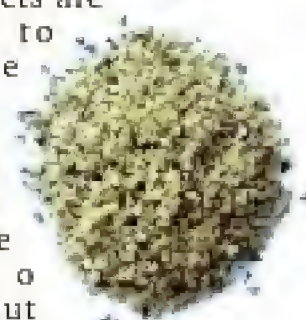
If you're concerned about intake, try chia, flax, walnuts, canola and tofu.



Protein

Vegan diets are known to include less protein and protein with incomplete amino acids, but there is no evidence to conclude vegans are deficient in those amino acids, the study said. Still, vegans should vary the plant sources of their dietary protein.

Try: Soy products such as tofu and tempeh, quinoa, hemp seeds, chia seeds, legumes, beans, grains and nuts.



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Tim Hortons Raisin Bran Muffin

Calories 370
Fat 12g
Sugar 36g



HERE'S WHY

Equivalent to 4.5 Rice Krispies Treats in sugar

Muffins with whole grains, fruit, nuts or dried fruit have the illusion of being a healthy breakfast or a nutritious snack when you need to refuel, but take a closer look. These are sugary and fattening indulgences. We love our baked goods, but they should be a treat, not a regular part of our diet. With close to one quarter of your daily calories and 9 tsp of sugar, this will definitely give you a "muffin top." A lighter pick is the Chocolate Dip Donut, with half the calories, fat and almost a ¼ of the sugar. Think of muffins just as you would a cupcake — a dessert, not a healthy snack.



FOOD TREND

New eggplant is less oily, more meaty

Eggplant hasn't been a favourite of American home gardeners, but a new hybrid that's billed as an alternative to meat could be changing that.

The hybrid dubbed "Meatball" has powered its way into the home-garden market this spring. It's a cross between existing hybrids and heirloom varieties of eggplant. Sales rival those of tomatoes and peppers, among the most popular items in the W. Atlee Burpee & Co. seed catalogue, said the company's chairman and chief executive officer, George Ball. "This new one is not like any eggplant we've ever bred or found or seen," he said.

The Meatball contains more water, which resists oil in the frying pan, Ball said.

"That makes for a more refreshing and less oily product," he said. "It also is seedless, giving it two important genetic virtues."

Kitchen trials were held with friends, family and focus groups using the Meatball as a hamburger or steak-like primary ingredient, Ball said. "It won hands-down when compared to both veggie burgers and meat" in taste tests, he said.

Maturity dates for the new

eggplant range from 55 to 78 days, depending on location.

Eggplants are native to India, much of China and Southeast Asia, so most species thrive in high heat. Many of the later European versions were white or yellow, resembling chicken or goose eggs; hence the name eggplant.

Their earliest use was believed to be more medicinal than culinary. Eggplants' fruit, roots and leaves were used for treating abscesses and intestinal problems.

Thomas Jefferson often has been credited with importing eggplants into American gardens in the late 1700s, but they were slow to gain popularity as a cooking staple, a trend that continues today.

"I took some of my surplus eggplant to a local food bank last year and they said it was the first time they'd ever gotten it," said Marianne Ophardt, Benton County director for Washington State University Extension.

"Recipes are limited for making it more flavourful, which may account for some of its slow acceptance," she said. THE ASSOCIATED PRESS

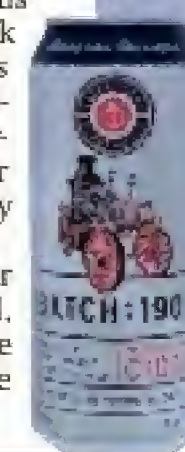
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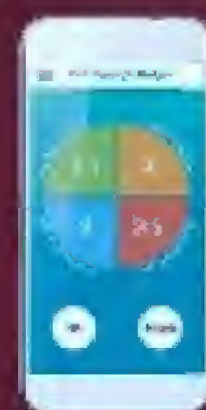
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Eatmysweetface serves up edible selfies

Artist-turned-baker Rebecca Levitan will paint anyone's portrait in cookie form — the Queen of England, Frida Kahlo, Prince or even you.

MICHELLE HENRY/TORSTAR NEWS SERVICE



Rebecca Levitan with her cookie doppelgänger of Prince. J.P. MOCZULSKI/TORSTAR NEWS SERVICE

We spend so much time scrutinizing its origins and nutritional content, it's almost as if we've forgotten that food can be fun.

And it should be, says Toronto-based artist-baker-entrepreneur Rebecca Levitan, 32. "You should be able to play with your food."

To Levitan, that means turning flour, sugar and butter into faces.

And not just any faces: real, honest-to-goodness look-alike faces of anyone and everyone, from the mug you see in the mirror to your neighbour down the street. But especially celebrities. Think Beyoncé, Aziz Ansari, Frida Kahlo, Queen Elizabeth, Prince.

Since she started Eatmysweetface.com — her online company — a few months ago, orders have been flooding in, including from art galleries in New York and Los Angeles, where she'll have shows later this year. She's been asked to make a lot of famous faces, but mainly, she says, people send in a picture to her online shop and request a cookie of their own likeness.

"It's surreal a little bit," she says. "It's a special unique moment — to have an edible version of you."

Good thing people feel that way — because that's how her business got its start.

During 2014's winter holiday season, Levitan, who has a master of fine arts from the San Francisco Art Institute, couldn't figure out what to give two of her siblings.

The constant baker — she was the kid who would force her parents to eat her weird creations, she says — thought it would be funny if they could "dunk their own faces in milk."

So she baked up their likenesses.

That's when Levitan became addicted to making these one-of-a-kind pieces of edible art. She started with the visages of friends and celebrities as a "crazy weird thing on the side with no plans for the future," she says.



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It's surreal a little bit ... It's a special unique moment to have an edible version of you.

Rebecca Levitan

To show off her work, she'd host "eat your face Fridays" at her Toronto apartment, where friends could come and do exactly that.

Around the same time, Levitan says she began working for a local baker's company, where she could experiment, bake and make faces,

so to speak, on her days off.

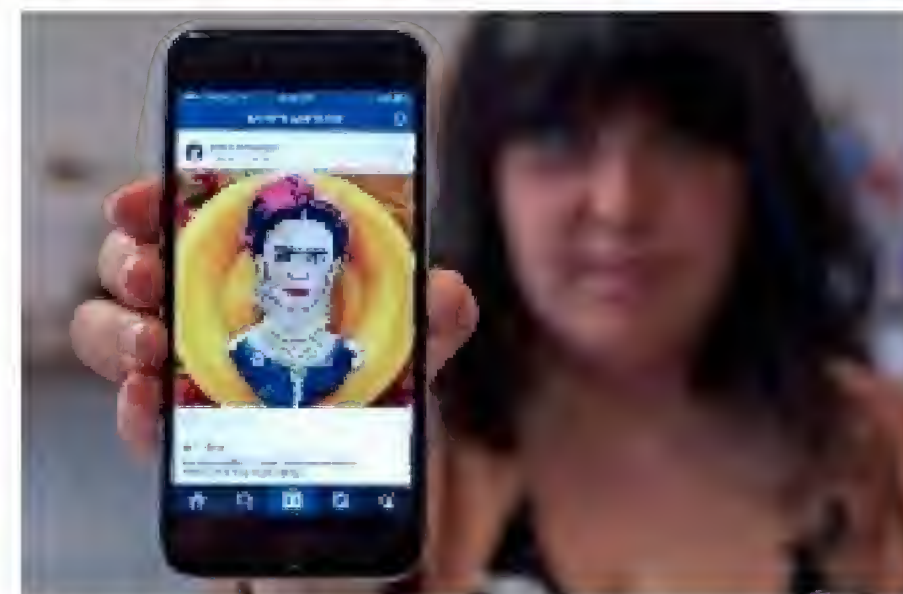
People love ordering them as birthday gifts, she says. Though the cookies (\$30 per cookie) are yummy (they're sugar cookies), many people refuse to eat them, she says, preferring to keep the edible art intact. One customer, Levitan says, has experi-

mented with preserving the cookie in shellac.

Easy to see why. Levitan's cookie faces are uncanny and brilliant. And in my opinion, too good to eat.

FACE YOUR FOOD

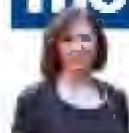
It costs **\$30 per cookie** to have your likeness crafted in sugar and flour from Rebecca Levitan's new Toronto, Ont. baking business, Eatmysweetface.com.



Rebecca Levitan's Frida Kahlo cookie on Instagram.

J.P. MOCZULSKI/TORSTAR NEWS SERVICE





JOHANNA SCHNELLER WHAT I'M WATCHING

TV that embraces animal instincts

THE SHOW: *Silicon Valley*, Season 3, episode 2 (HBO)
THE MOMENT: The horse sex

Brilliant, meek Richard (Thomas Middleditch) invented genius software. But his company's board coldly replaced him as CEO with Jack (Stephen Tobolowsky), who is destroying everything cool about Richard's idea. Richard confronts Jack at a stable — while Jack calmly watches a squealing white stallion with a truly mammoth erection mount a mare. (The horse sex is real.)

Over wild stallion grunts, Richard pleads the case for his software: "People who have nothing could suddenly have access to everything. We could make the world a better place, and make billions of dollars."

The stallion noises drop out; music plays. "Richard, I don't think you understand



Thomas Middleditch as computer programmer Richard Hendricks in *Silicon Valley* Season 3.

CONTRIBUTED

what the product is," Jack says, smiling. "The product isn't your software."

"Is the product — me?" Richard asks shyly. "Oh! God no!" Jack hoots.

The music stops. The horses shriek. "The product is the stock. Maybe sometime in

the future we can change the world. Now excuse me, I paid \$150,000 for that stallion's semen, and I'd like to see it happen."

It took me a while to warm to *Silicon Valley*, where everyone is hapless, voracious or both. I'm thrilled I stuck with it, because Richard's plight is so poignant: He achieved the goal we all dream of — invented something good, moved the needle in a positive way — but the universe craps on him anyway.

This scene dramatizes that magnificently, by setting Richard's royal screwing-over against the most alarming animal screwing you are likely to see. It's one of the most audacious juxtapositions I've witnessed on TV.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

Tupac's mother dies

Afeni Shakur, the former Black Panther who inspired the work of her son, rap icon Tupac Shakur, and then fostered his legacy for decades after he was slain, has died of an apparent "cardiac event," authorities said Tuesday. She was 69.

Born Alice Faye Williams, Shakur changed her name when she became politically active in the 1960s.

Drugs possibly linked to death of reality TV star

Police in Alabama say drug use may have factored into the death of a woman who appeared on MTV's *Catfish*.

Authorities were called to an apartment early Saturday about a woman, 23-year-old Ashley Sawyer, in distress. She later died.

Sawyer was on the MTV show about online scams in 2013 and was shown meeting digital companion, Michael Fortunato, in person.

THE ASSOCIATED PRESS

RESEARCH

Biggest Loser prize: slower metabolism

A new study has found that many competitors on NBC's *The Biggest Loser* leave the show with a slower metabolism, making it more difficult to keep off the pounds.

The National Institutes of Health study finds that participants come out of the weight-loss reality competition burning about 500 fewer calories a day than expected. What's more, the contestants who drop the most weight see the greatest slowing of their metabolisms.

Researchers say many contestants experience substantial weight gain in the years after the show.

The results show "in the most extreme cases how strongly the body fights back," said lead author Kevin Hall, a researcher with the National Institute of Diabetes and Digestive and Kidney Diseases.

Hall said 500 calories is the size of a big lunch, and the results mean participants have to reduce their daily calorie intake by that much to avoid gaining weight. He said the study doesn't mean dieting is a lost cause but that show participants must change their

lifestyles to fight weight gain.

The news isn't all bad for *Biggest Loser* competitors, however. The study notes that participants have been quite successful at long-term weight loss when compared to people in other intervention programs aimed at shedding weight. The study was published this month in the journal *Obesity*. It involved 14 contestants from Season 8 who were evaluated six years after the competition ended in 2009.

Kai Hibbard, a Season 3 contestant who has criticized the show for what she calls drastic weight-loss methods, said the results came as no surprise.

"I really was dancing around my living room, screaming 'vindication,'" when a friend texted her about the study, Hibbard said Tuesday from her home in Spokane, Washington.

Hibbard lost 118 pounds on the show nearly 10 years ago and has gained some but not all of it back. She was not part of the study and declined to reveal her weight.

Dr. Samuel Klein, a Washington University obesity researcher who wasn't involved in the study, said the results reflect limitations of the "Biggest Loser" dieting approach.

"Nothing is impossible, but it shows that it's very, very difficult. One year of aggressive therapy is really not enough," Klein said. "You really have to go into a lifelong plan."

Producers of the show released a written statement re-

sponding to the study, saying they "routinely re-evaluate to ensure all contestants receive the best care possible."

"The lead medical doctor on the show, who has worked with the National Institutes of Health

on initiatives in the past relating to *The Biggest Loser*, has been made aware of this most recent study and is in the process of evaluating its findings," the statement said.

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Season 8 *Biggest Loser* contestant Tracey Yukich. CONTRIBUTED



One year of aggressive therapy is really not enough.

Dr. Samuel Klein

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Buying a car? Take it one step at a time

FIND THE BEST DEAL

Use smart budgeting and online research to avoid a lemon

Michelle Williams

The prospect of buying a new car is exciting but it can also be overwhelming. Car and leasing expert Mary-Jo Dell has spent more than 30 years in the business. She says that before you head to the dealership, you should do a little homework.

Know your budget

The first step is knowing your budget. "Whether you can afford a car that's \$20,000 or \$50,000 is a big consideration before you even get started," Dell says. "If you're looking at cars that are outside your price range, you're just wasting time."

Decide what you want

The next step is knowing what you want. Some people only want North American vehicles, others love Japanese cars. Maybe you know you want a hybrid, a sports car or an SUV. "Sometimes you have to do research first to make these decisions, but often you've already decided about some factors," says Dell. Knowing what you do and don't want will help you hone your choices.

Do your research

Now it's time to go online.



Establish your price range and research your options before heading to car dealerships to test drive your top picks. iStock

You'll want to research prospective vehicles, along with things like safety, reliability, reviews from other owners and

resale value. "As you explore the options, you'll be able to narrow down your list further, perhaps to your top three or four picks."

You should also take this time to check with your insurance carrier and see how much your top choices will cost to cover.

Test drive

Next, go to the dealer and test drive. While you're there, Dell says, "find out about things like

incentive programs, cash rebates, financing deals and anything else that may sway you in the direction of one car or another."

Get quotes

Once you know the car you want, you can shop around online and get quotes from dealers. You can also look into financing your vehicle and deciding whether to lease or buy. While monthly finance payments may end up costing less in the long run, leasing may mean lower costs each month. You can also lease a car with no money down — and you may be able to deduct your leasing payments on your taxes, depending on your profession. In the end, Dell adds, it's about finding the deal that works best for you.

+ PRE-OWNED

What about a used car?

"Many of these steps also apply to used vehicles," says car and leasing expert Mary-Jo Dell, "but you need to approach the process with more caution."

She recommends purchasing from a reputable dealer, and be sure to look up the car's history on the Insurance Bureau of Canada's vehicle identification number (VIN) database.

For pre-owned vehicles, you can get a Carfax or CARPROOF report for vehicle history, including accidents and insurance claims. **MICHELLE WILLIAMS**

PROTECT YOUR RIDE

Insuring your new vehicle

When it comes to auto insurance, there are lots of options.

"In every province and territory, it's mandatory to have liability coverage, which protects you if someone claims you've injured them or damaged their property with your vehicle," explains Pete Karageorgos, director of consumer and industry relations for the Insurance Bureau of Canada's Ontario region. "This includes anything from driving into a fence or guardrail to hitting another car or injuring a person."

You can also be covered for fire, theft, vandalism and collision. While these may not be mandatory, most auto owners opt in to ensure their vehicle is protected. "Leasing companies will want to be sure a new

vehicle is fully covered. The exception may be an older vehicle where full coverage may not be economically viable," says Karageorgos.

While your driving record will affect your monthly premiums, the kind of vehicle you drive is another factor. "Some cars have a higher frequency for theft than others," says Karageorgos. "Some are also more costly to repair. All this will be reflected in your insurance premiums." Karageorgos adds that while you pay for the car once, you're paying the insurance for the life of the car, so it's a good idea to get insurance quotes on your top picks before you make your purchase.

When you're shopping

around for insurance quotes, know the kind of coverage you're getting. Make sure deductibles and endorsements are the same from one quote to the other so you're comparing apples to apples, says Karageorgos.

And if you're buying a used car, check the Insurance Bureau of Canada's vehicle identification number (VIN) database to see if the vehicle was declared a write-off in the past. "We see vehicles stolen then sold to unsuspecting buyers with a new VIN," Karageorgos cautions. "Within the VIN, there are certain digits that typically relate to the make and year and sometimes the model of the car. Be sure those check out."

MICHELLE WILLIAMS



While liability coverage is mandatory in Canada, there are many other insurance options to consider, so do your homework and compare premiums before you commit. iStock

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New Honda Accord tough to beat

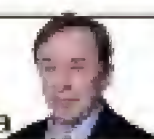


REVIEW

Sedan gets tweaked, maintains alpha status

Mike Goetz

For Metro Canada



If you're considering getting into a new family car soon, you don't need to fret too much about which vehicle to get. It's a golden age for intermediate sedans, with lots of no-brainer choices.

These vehicles have all grown in size to be quite substantial and roomy, and all have the on-road performance, comfort, and technological wizardry that was heretofore only available in the luxury ranks.

Honda Accord is one of those can't-go-wrong choices, and for model-year 2016, received a fairly robust "mid-cycle" refresh. As per the nature of these mid-cycle updates, you can't change too much on the outside, save for restyling front fascias and rear bumpers and their respective lighting elements. In Accord's case, those changes were accomplished with more LED lighting and sharper creases. But Honda went the extra mile on the Accord sedan, by also laying on a

new weight saving and sculpted aluminum hood, which furthers the "sharp crease" theme. The overall effect, to these eyes at least, is one sharp looking sedan.

Also new is the display and auto interface, now with a standard seven-inch screen, which lets you swipe, tap and pinch, as you would on a smartphone.

While the driver's seat felt comfy off the bat, it was less so over long trips, which found me squirming and fiddling with the seat adjustments many times.

Also part of the refresh was some stiffening of the chassis and shock absorbers, and commensurate changes in the suspension settings. The last Accord was absolutely fine on the road, and this one is a touch finer. This new Accord delivers a comfortable ride and confident handling.

Our test vehicle was a Touring trim, with the 185-hp 2.4-litre I4 and CVT. If you don't think you like CVTs, the automatic on Accord V6 is a traditional six-speed. But can't think of why you wouldn't get along with the 2.4-litre/CVT powertrain: more than enough power; very refined and efficient (9.1 l/100 km, City, 6.8 Highway); and the CVT actually feels quite lively and responsive, and somewhat un-CVT like.

So there's not much to dislike. The new Accord is an absolutely solid citizen in the intermediate sedan segment.

THE CHECKLIST | 2016 HONDA ACCORD

THE BASICS

- **Type.** Four-door, five-passenger, FWD, intermediate sedan
- **Power.** 185-hp 2.4-litre I4, 278-hp 3.5-litre V6
- **Transmission.** Six-speed manual, CVT automatic (I4 models), Six-speed automatic (V6 models)
- **Price.** Base \$24,350 (plus destination)



ACCORD IMAGES MIKE GOETZ/FOR METRO; ALL OTHERS HANDOUT

THE COMPETITION



Ford Fusion

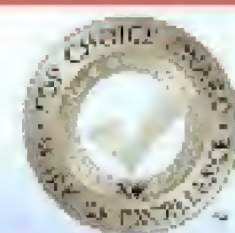
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GM tests hybrid pickups

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



LIMITED RELEASE

Silverado tested as hybrid

General Motors will offer a few hundred 2016 Chevrolet Silverado and GMC Sierra pickup trucks with its latest eAssist hybrid drive system, seeking feedback with a view to making it a permanent option. The numbers are small, notes alternate-vehicle site Green Car Reports: just 500 Silverados and 200 Sierras this year against North American sales of 530,000 and 212,000 respectively. The "mild" hybrid system is adapted to the 5.3-litre V8 that's core to the pickup line, rather than the four-cylinder engines it was previously used with in vehicles such as the Chevrolet Malibu. The addition of eAssist will cost buyers just \$500 south of the border, although there's no word on what it will cost in Canada. The system increases the weight of the truck by about 45 kilograms and adds a 13-horsepower electric motor that assists acceleration in some driving situations.

EMISSIONS

EPA says it won't target racing

New regulatory language that the U.S. Environmental Protection Agency could use to crack down on cars whose emissions systems have been modified for racing, won't be used for that purpose, the agency says.



+ IN BRIEF

Ford cuts off climate change denial group

Ford Motor Co. is among a growing number of U.S. corporations to distance itself from the climate change-denying "think-tank" the American Legislative Exchange Council (ALEC). The organization has worked behind the

scenes for years to influence laws across the U.S., "often with a corporate-friendly intent," reports automotive news and information Web site Autoblog. ALEC is heavily funded by the billionaire Koch brothers, Charles and David, who have massive vested interests in coal and oil.

RASA

New approach to H-cars

Welsh company Riversimple Movement Ltd. has unveiled the Rasa, a road-legal engineering prototype of its first two-seater hydrogen-powered car. It was designed to run on hydrogen and has different architecture than conventional cars. Riversimple wants to bring the Rasa to the European market first, by 2018, through its "sale of service" business model — customers will never actually buy the car.



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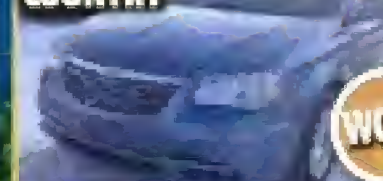
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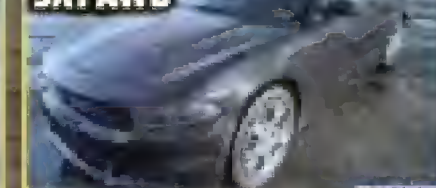
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News of the 2017 Tesla Model S's range record arrives as more car companies have started taking electric cars seriously. TESLA

Tesla nears the 500 km milestone

MODEL S SEDAN

First EV to get to this level on a single charge

The new Model S sedan in 90D specification has been given an official US Environmental Protection Agency (EPA) rating of 488 kilometres on a single charge.

The refreshed car has a redesigned nose to reduce air resistance and therefore preserve battery life, but the biggest reason for the jump

in range — the outgoing model achieved 476 km under EPA conditions — is a bigger 90kWh battery.

To put the figures into some sort of context, the Nissan Leaf, the Model S's closest competitor in terms of sales, has also just undergone a serious battery overhaul.

However, the heavily revised 30kWh battery car is only capable of travelling 250 km on a single charge and that figure is based on the New European Driving Cycle (NEDC) test.

"It is going to be a challenge, but Volvo wants to be at the forefront of this shift to electrification," said Håkan Samuelsson, president and chief executive of Volvo Cars.

On Wednesday, the Ger-

man government announced plans to make electric cars popular and accessible via a €1 billion (\$1.44 billion Canadian) scheme to subsidize the cost of buying EV cars, plus a €100 million (\$144 million Canadian) fund for installing the requisite charging infrastructure.

However, as green as electric cars can be, a new study from Carnegie Mellon University shows that the level of environmental friendliness of a plug-in car depends largely on where a driver lives.

"Most electric vehicle buyers assume that they're

helping the environment by purchasing an electric or hybrid vehicle, but there's more to it than simply making the purchase," said study co-author Jeremy Michalek, a Carnegie Mellon University professor of mechanical engineering, engineering and public policy.

An electric car's "clean" factor will be

determined by how electricity is produced in the region you live in.

"Electric vehicles offer the largest benefits for urban drivers in mild-climate regions with a clean electricity grid, such as San Francisco or Los Angeles," says Michalek.

"In the rural regions of the colder, coal-heavy Midwest, electric vehicles are often higher emitting than comparable gasoline vehicles today."

AFP

In the rural regions of the colder, coal-heavy Midwest, electric vehicles are often higher emitting than comparable gasoline vehicles today

Jeremy Michalek, in explaining why EVs are cleaner in some regions than others

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IN BRIEF

Ford cuts off climate change denial group

Ford Motor Co. is among a growing number of U.S. corporations to distance itself from the climate change-denying "think-tank" the American Legislative Exchange Council (ALEC).

The organization has worked behind the scenes for years to influence laws across the U.S., "often with

a corporate-friendly intent," reports automotive news and information Web site Autoblog. ALEC is heavily funded by the billionaire Koch brothers, Charles and David, who have massive vested interests in coal and oil.

"We will not be participating in ALEC in 2016," said company spokesman Christian Baker.

WHEELBASE MEDIA

Hartley shown the door

FLAMES

2014-15 coach of the year's days in Calgary are over

A regressive Calgary Flames season cost Bob Hartley his job. The NHL team fired their head coach Tuesday to increase the number of clubs seeking different men behind their benches next season.

The Flames were the surprise of the league a year ago upon reaching the second round of playoffs. Hartley had navigated the Flames to a 45-30-7 record — a 20-point improvement on 2013-14 — and third place in the Pacific Division.

Calgary played an exciting brand of hockey earning a quarter of their points when trailing after two periods.

But that lightning-in-a-bottle Flames team did not resurface this season despite the talents of forwards Johnny Gaudreau and Sean Monahan, and defencemen Marc Giordano and T.J. Brodie.

A 35-40-7 record for a 20-point backslide contributed to the sacking of the 55-year-old Hartley less than a year

after he was handed the Jack Adams Trophy as the league's coach of the year.

"Bob has taken this team as far as I feel he can take it," Flames general manager Brad Treliving said during a news conference at Scotiabank Saddledome.

Hartley, a native of Hawkesbury, Ont., had signed a contract extension in December 2014, reported to be two years in duration, and would have had one year remaining on his deal.

"Bob is able to get a lot out of players," Treliving said. "I felt for us to move forward as an organization, it was time, it was important, it was critical we made this decision."

"This isn't just a necessary move because we didn't make the playoffs, so we're going to throw a body on the tarmac. I felt this decision had to be made for what Bob, in my opinion, can get from this group moving forward."

Associate coach Jacques Cloutier was also fired, but assistant Martin Gelin, goaltending coach Jordan Sigalet and video coach Jamie Pringle will return next season.

Hartley joins Dave Cameron (Ottawa Senators) and Bruce Boudreau (Anaheim Ducks)

26

The Flames finished 26th in the league and hold the sixth overall pick in this summer's draft.

among the ranks of recently unemployed. Mike Yeo, shown the door by the Minnesota Wild in February, is also on the off-season coaching carousel.

Treliving dashed cold water on speculation that the timing of Hartley's firing was linked to Treliving's desire to name a new coach immediately.

"This decision was not made with somebody on the on-deck circle," Treliving insisted. "This isn't about, is there a prettier girl at the dance?"

"There's no set timetable. The process will start today. I've got a profile in my mind of what I'm looking for. I've got a real good idea of what can give us success, what can drag success out of our group."

Expectations were high for the Flames this season because of major off-season signings. The Flames acquired defenceman Dougie Hamilton from the Boston Bruins, signed Michael Frolik as a free agent and rookie Sam Bennett had a breakout season.

But Calgary staggered out of the gate with a 2-8-1 start. They rarely rallied for third-period wins and finished 26th in the league.

THE CANADIAN PRESS



Bob Hartley led the Flames to a 35-40-7 record this season. HANNAH FOSLIEN/THE ASSOCIATED PRESS

I felt for us to move forward as an organization, it was time, it was important, it was critical we made this decision.

Flames GM Brad Treliving

DISCIPLINE

Letang suspended for hit to the head

The Pittsburgh Penguins will be without their best defenceman for Game 4 of their second-round series against the Washington Capitals.

Kris Letang has been suspended for one game for his elbow to the head area of Capitals winger Marcus Johansson on Monday night.

Johansson didn't practice for Washington on Tuesday morning and his status for Game 4 is unclear. He returned to the game after the hit from Letang, evi-

29

Letang is averaging more than 29 minutes in the playoffs, has seven points in eight games.

dently passing concussion tests in the Capitals dressing room.

The Penguins lead the best of seven series 2-1.

THE CANADIAN PRESS

HOCKEY IN BRIEF

Canucks shut out Czechs in tuneup for worlds

Edmonton Oilers star Connor McDavid scored while teammate Cam Talbot combined with Winnipeg Jets goaltender Calvin Pickard for 19 saves as Canada beat the Czech Republic 3-0 in a world championship exhibition game Tuesday.

Buffalo's Ryan O'Reilly and Colorado's Matt Duchene also scored for Canada, the defending world champions.

THE CANADIAN PRESS

IIHF boss worried NHLers will skip 2018 Olympics

The head of ice hockey's international body says there is a strong possibility that NHL players won't be competing at the next Winter Olympics.

International Ice Hockey Federation president Rene Fasel puts the chances at 60 per cent that the NHL will decline to go to the 2018 Games in Pyeongchang, South Korea, because of a lack of money to cover player insurance.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Bolts cap comeback victory in overtime

Brian Boyle scored at 2:48 of overtime to lift the Tampa Bay Lightning to a 5-4 victory over the New York Islanders on Tuesday night for a 2-1 lead in their second-round series.

Nikita Kucherov tied it in the final minute of regulation, and Ryan Callahan, Victor Hedman and Vladislav Namestnikov also scored for the Lightning. Ben Bishop stopped 35 shots.

On the winning goal, the Lightning were on an odd-man rush and Hedman fired

GAME 3 In Brooklyn

5 LIGHTNING 4 ISLANDERS

a shot from the left side that was wide, but the rebound came off the boards and right to Boyle in front at the right side of the goal and he tapped it in for the win.

THE ASSOCIATED PRESS

Heat rises in OT thriller



DeMar DeRozan sits on the court after his game-sealing turnover. THE CANADIAN PRESS

RAPTOR'S MIAMI LEADS SERIES 1-0

Dinos come out on losing end of close opener

On a night the Toronto Raptors played poorly, they very nearly pulled off a victory after Kyle Lowry's long-distance buzzer-beater forced overtime.

But it all fell apart over the extra five minutes, as the Raptors dropped a 102-96 decision to the Miami Heat on Tuesday, in Game 1 of their best-of-seven

GAME 1 In Toronto



second-round playoff series.

Jonas Valanciunas had 24 points and 14 rebounds, DeMar DeRozan added 22 points, Terrence Ross chipped in with 19, and DeMarre Carroll and Cory

Joseph had 10 points apiece.

Goran Dragic scored 26 points to top the Heat, while Dwyane Wade finished with 24, moving into the 16th spot on the NBA's all-time scoring list.

Lowry, who struggled throughout Toronto's opening-round series against Indiana, drained the thrilling 39-foot buzzer-beater to force the extra period. But he was otherwise no better than he was against Indy. The all-star guard didn't get his first assist until 15 minutes into the game, and finished with almost as many fouls (five) as points (seven). He had just six assists.

THE CANADIAN PRESS

IN BRIEF

Blue Jays saves by Smoak

Justin Smoak tied the game in the ninth, then hit a walk-off homer in the 10th inning to lift the Toronto Blue Jays to a 3-1 victory over the Texas Rangers on Tuesday.

Smoak sent the first pitch he saw off Rangers reliever Phil Klein in the 10th over the left-field wall.

THE CANADIAN PRESS

Arrieta gets win No. 6

Jake Arrieta dominated the Pittsburgh Pirates yet again, scattering two hits in seven shutout innings as the Chicago Cubs defeated the Pittsburgh Pirates 7-1

on Tuesday night.
THE ASSOCIATED PRESS

Atletico through to European final on away goal

A goal from Antoine Griezmann sent Atletico Madrid to the Champions League final for the second time in three seasons despite a 2-1 defeat at Bayern Munich on Tuesday.

Atletico, which lost to city rival Real Madrid in the 2014 final, progressed on the away goals rule with an aggregate score of 2-2 after winning the first leg of their semifinal in Madrid 1-0. THE ASSOCIATED PRESS

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RECIPE Orecchiette with Turkey and Broccoli



PHOTO: MARY VISENTE

Ceri Marsh & Laura Keogh
For Metro Canada

A light, healthy and simple mid-week meal you can make in less than 30 minutes.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes

- Ingredients**
- 1 lb (450 g) orecchiette
 - 4 cups of broccoli florets, cut them quite small
 - 3 Tbsp olive oil
 - 4 cloves garlic, minced
 - 1 onion, chopped
 - 1 tsp fennel seeds or fresh thyme
 - 1/2 tsp crushed dried chilis (optional)
 - 1 lb ground turkey
 - 1 cup chicken stock
 - 1/2 cup grated Parmesan cheese

Directions

1. Put a big pot of salted water on to boil and cook the pasta according to package instructions.
2. Warm your olive oil in a large skillet over medium heat. Add the garlic, onion, fennel seeds or thyme and chilis and cook for about three minutes. Add the turkey and cook for another five minutes, until the meat is browned and almost cooked through.
3. Carefully add your broccoli to the cooking pasta two minutes before the pasta will be done. Drain the pasta and broccoli and then add them to the skillet.
4. Toss everything together well. Add the stock and toss more. Taste and check seasoning. Serve in a big bowl with a healthy sprinkle of Parmesan on top.

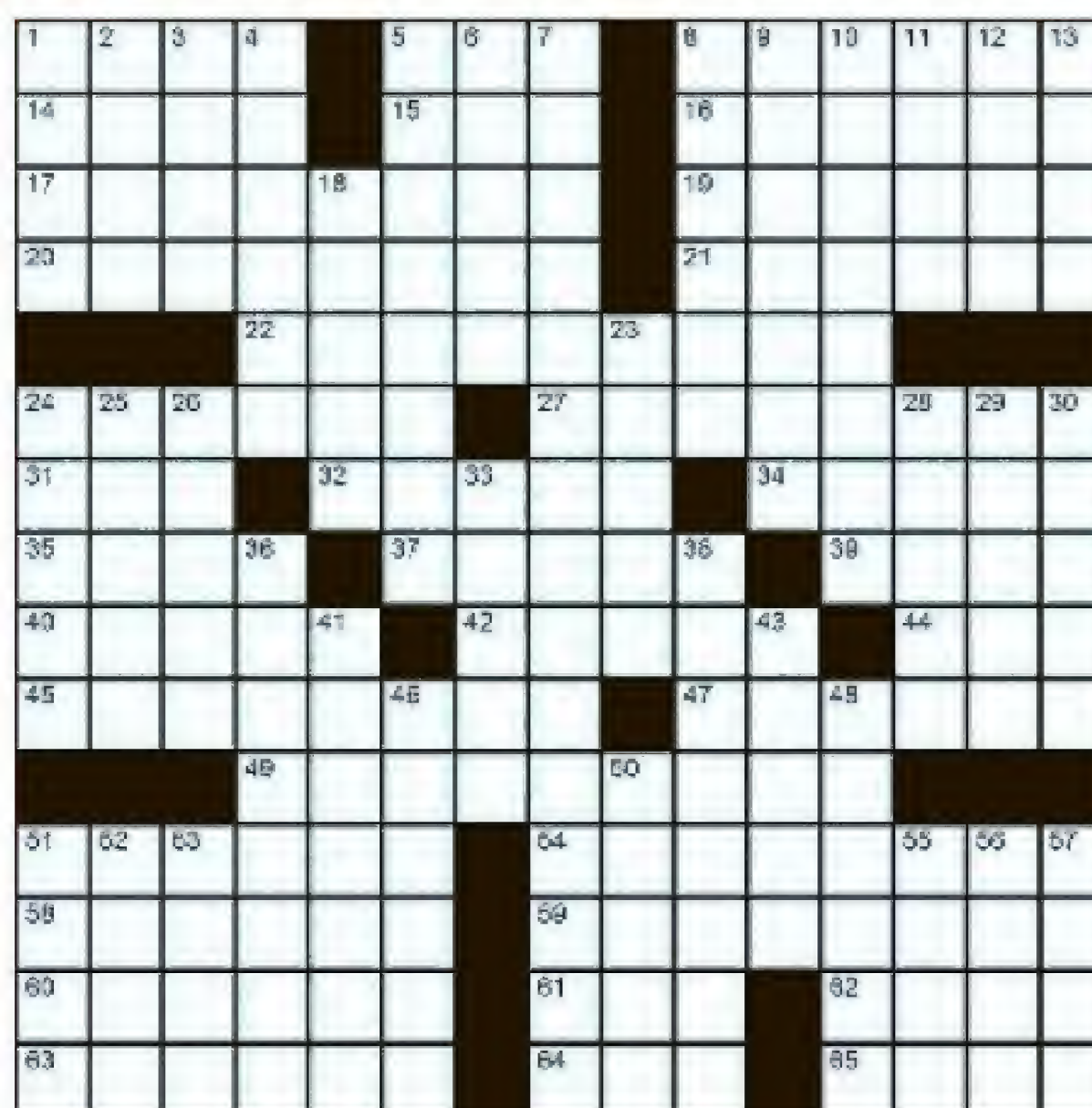
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BY KELLY ANN BUCHANAN

ACROSS

1. Tavern (Hang-out on FOX cartoon "The Simpsons")
5. Tiny total
8. Jostles someone in the queue
14. _ and for all (Finally)
15. Old French coin
16. From Eternity connector (1953 film): 2 wds.
17. So sooo tense... Moving day or job change, for example
19. Angle measurement unit
20. Toronto's locale, _ Ontario
21. Wickedly
22. New show on HGTV Canada featuring all the big stars from the network: 3 wds.
24. Brilliant
27. Hit for Canadian singer Kiesza
31. Three
32. Ms. DeGeneres
34. Apple pie serving
35. Slangy one-eighty turns
37. Inners in eggs
39. Greek portico
40. Johann Sebastian's classical surnamesakes
42. Central meanings
44. Many mins.
45. Farley, for one, in Canadian comic strip For Better or For Worse
47. Take back a statement
49. Ranger's nature dancer worry: 2 wds.



51. Corral: 2 wds.
54. Insensitive
58. Holding: 2 wds.
59. Observes the meeting: 3 wds.
60. Mr. Clooney
61. City in Florida, for short
62. Three squared

63. " _ Pointe Blank" (1997) starring John Cusack
64. Napoleonic Wars marshal
65. Border

DOWN

1. _ Park (Toronto neighbourhood)
2. "Hang _ _ Your Life" by The Guess Who
3. Beige
4. Boil under the collar
5. Some _ Required (Furniture-in-a-

- box notice)
6. Actress Demi
7. Hit for Canadian band Big Sugar: 4 wds.
8. Astute
9. Villains in movies
10. Spots in number sequences
11. Bridal accessory
12. And others, for

- short: 2 wds.
13. TV brand
18. Beach
23. Moos, cluck-clucks, baas ...and what other farm sounds?
24. Ticket remnants
25. "Easy Livin'" by _ Heep
26. Fragment
28. "Die Hard: _ Vengeance" (1995)
29. Squirrel's snack
30. Brewer's _
33. Brand/business symbols
36. Mothers to forest cuts, say: 2 wds.
38. Stringently
41. Leaps
43. Works by Spain's famous single-named muralist
46. "Crocodile _" (1986)
48. Canadian singer Ms. Dion
50. Laissez- _
51. Diana of "The Avengers"
52. Singleton
53. "Bah!"
55. Barenaked Ladies tune
56. Tune
57. Snick-or- _

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This afternoon is an excellent time for business and commerce. Trust your moneymaking ideas. Business-related travel is likely. Enjoy!

Taurus April 21 - May 21
Today gets better as it wears on. By this afternoon, you feel upbeat and keen to socialize. Because you are so positive, people will enjoy your company.

Gemini May 22 - June 21
Today you have an overall sense of well-being. In turn, this might prompt you to do a good deed for someone or practice a kindness.

Cancer June 22 - July 23
This is a wonderful, popular day! Group activities will be successful this afternoon and this evening. A friend might help you with domestic or family activity.

Leo July 24 - Aug. 23
It's easy to make a great impression on bosses, parents and VIPs today, especially in the afternoon. (Because others are so impressed with you, use this time to ask for what you want.)

Virgo Aug. 24 - Sept. 23
After midday, it's a great time to make travel plans for the future. It's also a profitable time to explore publishing, the media, medicine and the law. Just do it!

Libra Sept. 24 - Oct. 23
This is a curious day. Do nothing this morning; however, the afternoon is an excellent time to settle disputes about shared property. It's also a good time to discuss inheritances or get a loan or a mortgage.

Scorpio Oct. 24 - Nov. 22
Relations with others are warm and friendly today! Enjoy schmoozing with partners and close friends, especially later in the day.

Sagittarius Nov. 23 - Dec. 21
Things will go well at work today. Relations with co-workers are positive, in addition to which, you will enjoy work-related travel later in the day.

Capricorn Dec. 22 - Jan. 20
New love might occur for some of you today. All of you will have a fun-loving day, especially in the afternoon and evening. Enjoy sports events, playful times with children and the arts.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for real-estate deals if you wait until after the noon hour. Anytime in the afternoon and evening are profitable times for family gatherings.

Pisces Feb. 20 - March 20
This is a happy day for you simply because you're in a positive frame of mind. Well, everything starts with a thought, doesn't it?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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